

CREW OFF-DUTY

GMT	Crew	Activity
06:00-06:10		Morning inspection
06:10-06:40		Post-sleep
06:40-07:30		BREAKFAST
07:30-10:30		Weekly housecleaning
11:25-11:40	FE-1	Private family conference (<i>VHF</i>)
11:40-12:40		Physical exercise (VELO+Load Trainer-1 / day 2)
12:40-13:40		LUNCH
13:55-14:00	CDR	Acoustic dosimeters: data transfer
14:00-14:20		Weekly planning conference (<i>S-band</i>)
15:15-15:35		Weekly Program Management / ISS Crew conference (<i>S-band</i>)
16:00-16:30	FE-1	INTERACTION experiment
17:00-18:00	CDR	Physical exercise (CEVIS)
17:30-18:00	FE-1	COX maintenance
18:00-19:30		Physical exercise (TVIS / day 2)
18:00-19:15	CDR	Physical exercise (RED)
19:15-19:30		Journal entry
19:30-20:00		DINNER (Renal – pill ingestion)
20:00-20:30		Daily food prep
20:30-21:30		Pre-sleep
21:30-06:00		SLEEP
Task List	FE-1	Equipment search
		URAGAN
		DIATOMEA

Note: See OSTP for all US procedure references

End of radiogram