

Weekly Station Cleanup. Crew Rest

GMT	CREW	ACTIVITY
08:30-08:40		Morning inspection
08:40-09:10		Post-sleep
09:10-10:00		BREAKFAST
10:35-10:40	CDR	PLANTS-2: payload status
10:40-11:20		COX maintenance
10:55-11:05	FE-1	ARCTIC: installation of the lower shunt
11:05-11:15		LAB payload status checkout on a rest day
12:00-12:10		EMU METOX regeneration (term)
12:25-12:35		A/L CCAA deactivation
12:35-13:05		ARCTIC: internal water line repairs
13:05-13:35		Daily planning conference (<i>S-band</i>)
13:35-15:05	CDR	Physical exercise (TVIS + active rest / day4)
14:05-15:05	FE-2	Physical exercise (VELO + Load Trainer-1 / day 4)
14:35-15:05	FE-1	ARCTIC: initial configuration
15:05-16:05		LUNCH
16:05-19:05		Weekly station cleanup
19:05-20:05	CDR	Physical exercise (VELO + Load Trainer-1 / day 4)
19:05-20:35	FE-2	Physical exercise (TVIS + active rest / day 4)
		Physical exercise (RED) per ISS USOS ops
20:35-21:35	FE-1	Physical exercise (TVIS) per ISS USOS ops
21:35-21:50		Private family conference (<i>S-band</i>)
22:00-22:30		DINNER
22:30-23:00		Daily food prep
23:00-00:00		Pre-sleep
00:00-08:30		SLEEP

Note:

1. See OSTP for references to US activities
2. Task List : FE-2 : Laptop 3 hard drive contents review

End of radiogram