

GMT	CREW	ACTIVITY
16:00-16:10	.	Morning inspection
16:10-16:40		Post-sleep
16:40-17:30		BREAKFAST
19:55-20:10	FE-2	Private medical conference (<i>S-band</i>)
20:10-20:25	CDR	
20:30-21:30	FE-2	Physical exercise (TVIS) day 1
20:40-20:55	CDR	Prep for TV downlink (<i>Cassette No. 1 – CHX liquid sensor experiment</i>) (<i>T₀=20:42, T₁, T₂, T₃ from automated daily timeline</i>)
20:55-21:10		TV-downlink of Elektron system video footage
21:10-22:40		Physical exercise (Active Rest + TVIS) – day 1
21:45-22:25	FE-2	COX maintenance
22:40-23:40	.	LUNCH
23:40-00:40		Prep for crew departure
00:50-01:00	FE-1	TVIS gyro maintenance
01:00-02:00		Physical exercise (TVIS)
01:50-03:20	FE-2	Physical exercise (TVIS + Active Rest) – day 1
02:00-03:30	FE-1	Physical exercise (RED)
03:10-04:10	CDR	Physical exercise (TVIS) – day 1
03:20-03:25	FE-2	Weekly TVIS maintenance
04:00-04:10	FE-1	Daily payload status check in US Lab – work days
04:10-04:15	CDR	Weekly TVIS maintenance
04:15-04:45	.	Daily plan review
04:45-05:00		Daily planning conference (<i>S-band</i>)
05:00-05:30		Report prep
05:30-06:00		DINNER
06:00-06:30		Daily food prep
06:30-07:30		Pre-sleep
07:30-16:00		SLEEP

Note: See OSTP for references to US activities.

End of radiogram