

CREW REST

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 housekeeping
11:15-12:45	FE-1	Physical exercise (TVIS), day 2
12:45-13:45		LUNCH
13:45-14:05	FE-1	Private family conference (<i>Ku + S -band</i>)
17:00-18:30	CDR	Physical exercise (RED)
18:00-18:30	FE-1	COX maintenance
18:30-19:30		Physical Exercise (VELO+Load Trainer/cycle 1) day 2
18:30-19:30	CDR	Physical exercise (TVIS)
19:30-20:00		DINNER
20:00-20:30		Daily food prep
20:30-21:15	CDR	Pre-sleep
20:30-21:30	FE-1	
21:15-21:30	CDR	Private family conference (<i>Ku + S -band</i>)
21:30-06:00		SLEEP

Note: See OSTP for references to US activities.

End of Radiogram