

Crew Off Duty

GMT	Crew	Activity
06:00–06:10		Morning inspection
06:10–06:40		Post-sleep
06:40–07:30		BREAKFAST
07:55–08:00	CDR	PLANTS-2: payload status check
11:00–12:30		Physical exercise (TVIS-1)
	FE-1	Physical exercise (RED)
12:30–13:30		LUNCH
14:05–14:35		Weekly planning conference (<i>S-band</i>)
14:45–14:55	FE-1	DCP disconnect (LAB)
15:05–16:05	CDR	Physical exercise (VELO+Load Trainer-1 / day 1)
16:05–17:05	FE-1	Physical exercise (TVIS)
16:35–17:15	CDR	Maintenance of COX
17:30–17:40	FE-1	ISS-7 daily payload status check
18:15–18:45		Daily plan review
18:45–19:15		Prep for work
19:15–19:30		Daily planning conference (<i>S-band</i>)
19:30–20:30		DINNER
20:30–21:30		Pre-sleep
21:30–06:00		SLEEP

NOTE: See OSTP for references to US procedures
Task List: KROMKA per

End of radiogram