

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 housekeeping
10:30-11:30	CDR	Physical Exercise (TVIS)
11:30-13:00	FE-1	Physical exercise (TVIS), day 3
13:00-14:00		LUNCH
14:15-14:45		Weekly planning conference (<i>S-band</i>)
16:45-18:15	CDR	Physical Exercise (RED)
18:15-19:15	FE-1	Physical Exercise (VELO)-3
18:45-19:15	CDR	COX maintenance
19:15-19:20	CDR	Transfer TVIS, RED, and HRM data to MEC
19:15-19:30	FE-1	UROLUX hardware setup
19:30-20:00		DINNER
20:00-20:30		Daily food prep
20:30-21:30		Pre-sleep
21:30-06:00		SLEEP

Note: See OSTP for references to US activities.

End of radiogram