

Radiogram No. 3159, Form 24 for 03.30.02

CREW REST

GMT	CREW	ACTIVITY
06:00-06:10		Morning inspection
06:10-06:40		Post-sleep
06:40-07:30		BREAKFAST
08:15-10:15		Weekly housekeeping
10:15-11:45	??-2	Physical Exercise (RED)
10:30-10:45	CDR	Private psychological conference
10:45-11:45		Physical Exercise (TVIS)
10:45-11:45	FE-1	Physical Exercise (CEVIS)
11:45-12:25	CDR	Life support system (? ? ?) maintenance
11:45-12:45	FE-2	Physical Exercise (CEVIS)
11:45-13:15	FE-1	Physical Exercise (RED)
13:15-14:15	.	LUNCH
14:15-14:45	.	Evening DPC (S-band)
15:20-15:40	CDR	Remove PUMA device
15:50-16:05	FE-2	Private Family Conference (S-band)
16:05-16:20		Payload status check
17:30-17:45	FE-1	Private Family Conference (S-band)
17:50-19:20	CDR	Physical Exercise (CYCLE + RED)-3
18:30-19:10	FE-1	IMS file prep
19:30-20:00		DINNER
20:00-20:30		Daily food prep
20:30-21:30		Pre-sleep
21:30-06:00		SLEEP

Note:

1. See OSTP for references to US activities.
2. CDR activity per Task List

End of radiogram