

Weekly Housekeeping

GMT	CREW	ACTIVITY
09:30-09:40		Morning inspection
09:40-10:10		Post-sleep
10:10-11:00		BREAKFAST
11:00-12:30		Weekly housekeeping
12:30-14:00	CDR	Physical Exercise (RED)
13:00-14:30	FE-1	Physical Exercise (TVIS) day 1
14:30-15:30		LUNCH
15:30-16:55		Weekly housekeeping
16:55-17:10	FE-1	Private family conference (<i>VHF. Home phone</i>)
17:00-18:00	CDR	Physical Exercise (TVIS)
17:30-18:00	FE-1	COX maintenance(<i>[CBO] data and CFI counter calldown</i>)
18:00-19:00	FE-1	Physical Exercise (VELO+Force Loader/cycle 1) day 1
19:15-19:45	CDR	DINNER
19:30-20:00	FE-1	
19:45-20:05	CDR	Daily food prep
20:00-20:30	FE-1	
20:05-20:20	CDR	Private family conference (<i>Ku + S-band</i>)
20:20-20:30	CDR	Daily food prep
20:30-21:30		Pre-sleep
21:30-06:00		SLEEP
Task List	FE-1	RELAXATION. Hardware disassembly
		RELAXATION. Data rewriting from Flash card to TP2

Note: See OSTP for references to US activities

End of radiogram