

GMT	CREW	ACTIVITY
08:30-08:40		Morning inspection
08:40-09:10		Post-sleep
09:10-10:00		BREAKFAST
10:00-10:15		Weekly planning conference ( <i>S-band</i> )
10:15-10:25	FE-1	EMU battery charge (term)
10:15-10:55	CDR	COX maintenance
10:15-11:15	FE-2	Changeout of urine receptacle in SM toilet (ACY)
10:25-10:35	FE-1	Daily payload status check
10:40-10:50		ARCTIC freezer restart
10:50-12:20		Physical exercise (RED)
10:55-11:00	CDR	PLANTS-2: payload status check
11:00-11:05		PLANTS-2: data downlink
11:15-12:15	FE-2	Prep for crew departure
11:20-12:50	CDR	Physical exercise (TVIS) - 1
12:20-13:20	FE-1	Physical exercise (TVIS)
13:20-13:30		PAO event: equipment setup
13:30-13:40		PAO event prep
13:40-14:05		PAO event ( <i>S-band</i> )
14:05-15:30	FE-2	Physical exercise (TVIS) - 1
14:05-14:30	FE-1	LUNCH
14:30-15:30	CDR, FE-1	Preparation for crew departure
15:30-16:00		DINNER
16:00-16:30		Daily food prep
16:30-17:30		Pre-sleep
17:30-02:00		SLEEP

**Note:** See OSTP for references to US activities

Task List : BSA battery charge (term)

FE-2 : Laptop 3 disk cleaning for VC-4

End of radiogram