

CREW OFF DUTY

GMT	CREW	ACTIVITY
06:00-06:10		Morning inspection
06:10-06:40		Post-sleep
06:40-07:30		BREAKFAST
07:30-07:50	FE-1	Renal Stone: urine collection (termination)
07:50-08:10		Renal Stone: hardware stow
10:25-11:55		Physical Exercise (TVIS)
10:25-10:40	CDR	Easter Greetings. Voice Conference with Patriarch Alexis II (VHF)
11:55-13:25		Physical Exercise (TVIS), Day 2
11:55-12:55	FE-1	Physical Exercise (RED)
13:25-14:25		LUNCH
14:25-14:40	FE-1	Private Psychological Conference (<i>S-band</i>)
16:45-17:15	CDR	COX maintenance
17:15-18:15		Physical Exercise (VELO+Load Trainer/Cycle 1), Day 2
17:40-18:10	FE-1	Earthkam: hardware deactivation and stowage
18:10-18:15		O2 and CO2 monitoring
18:15-19:15		Evening work prep
19:15-19:30		Daily Planning Conference (<i>S-band</i>)
19:30-20:00	CDR	DINNER
19:30-20:05	FE-1	
20:00-20:30	CDR	Daily Food Prep
20:05-20:20	FE-1	Private Family Conference (<i>S+Ku-band</i>)
20:20-20:50		Daily Food Prep
20:30-21:30	CDR	Pre-sleep
20:50-21:30	FE-1	
21:30-06:00		Sleep
Task List	CDR	Bracelet questionnaire downlink

Note: See OSTP for references to US activities.

End of radiogram