

CREW OFF DUTY

GMT	CREW	ACTIVITY
06:00-06:10	.	Morning Inspection
06:10-06:40		Post-Sleep
06:40-07:30		Breakfast
10:20-10:30	CDR	PAO Equipment Setup
10:30-12:00		Physical Exercise - RED
10:30-12:00	FE-1	Physical Exercise – TVIS – Day 4
12:00-13:00	CDR	Physical Exercise - TVIS
13:00-14:00	.	Lunch
14:00-14:10		PAO Crew Prep
14:10-14:20		ISS Crew Address to Kyrgyz Republic President A. A. Akaev (<i>Ku+S-band</i>)
16:45-17:15	FE-1	COX Maintenance
17:15-18:15		Physical Exercise (VELO + FL1) – Day 4
18:15-18:45	.	Review of Next Day's Plan
18:45-19:00	.	Daily Planning Conference (<i>S-band</i>)
19:00-19:30	.	Report Prep
19:30-19:45	CDR	Food Prep
19:30-20:00	FE-1	
19:45-20:00	CDR	Private Family Conference (<i>Ku+S-band</i>)
20:00-20:30	.	Dinner
20:30-21:30		Pre-Sleep
21:30-06:00		Sleep
Task List	FE-1	DIATOMEIA. Ocean observation

Note: cf. OSTP for missing references to US activities

End of Radiogram