

CREW OFF DUTY

GMT	CREW	ACTIVITY
06:00-06:10	.	Morning inspection
06:10-06:40		Post-sleep
06:40-07:30		BREAKFAST
10:20-10:35	CDR	PPC (<i>VHF</i>)
11:00-12:30		Physical Exercise (TVIS + RED) day 4
11:45-11:50	FE -1	LAB window leak check
12:30-13:30	.	LUNCH
15:40-17:55	FE -1	Physical Exercise (TVIS + RED)
16:45-17:15	CDR	COX maintenance
17:15-18:15		Physical Exercise (VELO + Force Loader/cycle 1) day 4
18:15-18:45	.	Daily plan review
18:45-19:00		Report prep
19:00-19:15		DPC (<i>S-band</i>)
19:15-19:30	CDR	Report prep
	FE -1	Pre-sleep
19:30-20:00	.	DINNER
20:00-20:35	FE -1	Daily food prep
20:00-20:30	CDR	
20:30-21:30		Pre-sleep
20:35-20:50	FE -1	PFC (<i>S-band</i>)
20:50-21:30		Pre-sleep
21:30-06:00	.	SLEEP
Task List	CDR	Evaluation of FGB AND DC1 stowage area free space for Progress 249 transfer ops

Note: See OSTP for references to US activities
End of radiogram