

CREW OFF DUTY

GMT	CREW	ACTIVITY
06:00-06:10		Morning inspection
06:10-06:40		Post-sleep
06:40-07:30		BREAKFAST
10:35-12:05	CDR	Physical Exercise (CEVIS)
11:35-13:05	FE-1	Physical exercise (TVIS), Day 4
12:05-13:05	CDR	Physical Exercise (RED)
13:05-13:35		Weekly planning conference (<i>S-band</i>)
13:35-14:35		LUNCH
16:24-16:39	CDR	Private family conference (<i>Ku + S-band</i>)
18:00-18:30	FE-1	COX maintenance
18:30-19:30		Physical Exercise (VELO + RED) day 4
19:20-19:25	CDR	O2 and CO2 status check.
19:25-19:30		Transferring TVIS, RED, and HRM data to MEC
19:30-20:00	FE-1	Daily Food Prep
19:35-19:55	CDR	Crew Discretionary Conference (<i>Ku +S-band</i>)
19:55-20:30	CDR	DINNER
20:00-20:30	FE-1	
20:30-21:30		Pre-sleep
21:30-06:00		SLEEP
Task List	FE-1	GCF-JAXA. TBY temperature check
		STATOKONIA. APT temperature check

Note: See OSTP for references to US activities.

End of radiogram