

CREW OFF DUTY

GMT	CREW	ACTIVITY
06:00-06:10	.	Morning inspection
06:10-06:40	.	Post-sleep
06:40-07:30	.	BREAKFAST
09:00-10:30	CDR	Physical exercise (RED)
10:30-11:30	CDR	Physical exercise (TVIS)
11:30-13:00	FE-1	Physical exercise (TVIS) day 1
12:55-13:00	CDR	TVIS, RED and HRM data download to MEC.
13:00-14:00	.	LUNCH
15:55-16:25	FE-1	On MCC Go: Filling EDV (KOB) for Elektron
16:20-16:35	CDR	Private family conference (<i>Ku+S-band</i>)
16:25-16:55	FE-1	COX maintenance
16:55-17:55	FE-1	Physical exercise (VELO + Force Loader/cycle 1) day 1
17:40-17:55	CDR	Food questionnaire
17:55-18:25	.	Daily plan review
18:25-18:40	.	Daily planning conference (<i>S-band</i>)
19:00-19:30	.	Report prep
19:30-20:00	.	DINNER
20:00-20:30	.	Daily food prep
20:30-21:30	.	Pre-sleep
21:30-06:00	.	SLEEP
Task List	FE-1	ETD Audio File Recorder Test (Task List)

Note: See OSTP for references to US activities

End of radiogram