

CREW OFF DUTY

GMT	CREW	ACTIVITY
06:00-06:10		Morning inspection
06:10-06:40		Post-sleep
06:40-07:30		BREAKFAST
07:30-10:30		Weekly housekeeping
11:30-12:30	FE-1	TVIS – 2 Physical exercise
12:30-13:30		LUNCH
14:20-14:50		Weekly planning conference (<i>S-band</i>)
14:50-15:30	FE-1	COX maintenance
15:55-16:55	CDR	CEVIS physical exercise
16:40-16:55	FE-1	PFC (<i>VHF</i>)
16:55-18:25	FE-1	(TVIS+HC-1) – 2 Physical exercise
16:55-18:25	CDR	RED Physical exercise
19:25-19:30		CSA-CP O2 readings
19:30-20:00		DINNER (RENAL – pill ingestion)
20:00-20:30		Daily food prep
20:30-21:30		Pre-sleep
21:30-06:00		SLEEP
Task List	FE-1	PULSE Experiment

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