

Crew Rest

GMT	Crew	Activity / <i>ODF or R/G</i>
06:00–06:10		Morning inspection
06:10–06:40		Personal hygiene (post-sleep)
06:40–07:30		BREAKFAST
07:30–08:00		Work prep
08:00–08:15		Daily planning conference
08:15–08:40	FE-1	LAB payload status monitoring
08:15–09:00	FE-2	MEC s/w loading / ??? _2948
08:15–08:25	CDR	Inspection of ???-1 separator
08:45–09:30	FE-1	Video survey of TVIS/ ??? _2923
08:45–09:00	CDR	????? (Hurricane): Earth observations / r/g 1126
09:00–09:15	FE-2	Swapping of PC MIA MEC card / Integrated Medical Group:Med Ops Nominal:CMS:TVIS Protocol Swap
09:15–10:15	FE-2	Physical exercise (TVIS) / OCA _2924
09:30–11:15	FE-1	Physical exercise (IRED)
10:20–10:35	CDR	????? (Hurricane): Earth observations / r/g 1126
10:15–10:45	FE-2	Transfer of TVIS exercise data to MEC / Integrated Medical Group:Med Ops Nominal:CMS:MEC-Exercise Data Downlink
12:00–13:00		LUNCH
14:45–16:15	FE-2	Physical exercise (IRED)
15:35–16:15	CDR	Maintenance of ??? per MCC GO (changeout of CWC in Electron, ???-?, ???-C?)
16:00–17:00	FE-1	Physical exercise (TVIS)
16:15–17:15	CDR	Physical exercise (RED-3)
16:45–17:05	FE-2	IMS file prep
17:00–17:20	FE-1	Test of SSRMS computer display
17:15–18:15	CDR	Physical exercise (cycle-3)
18:15–18:45		Review plan for the next day
18:45–19:00		Work prep
19:00–19:15		Daily planning conference
19:15–19:30		Work prep
19:30–20:00		DINNER
20:00–20:30		Daily food ration prep
20:30–21:30		Personal hygiene (pre-sleep)
21:30–06:00		SLEEP

End of radiogram