

CREW OFF DUTY

GMT	CREW	ACTIVITY
00:00-00:10	.	Morning inspection
00:10-00:40	.	Post-sleep
00:40-01:30	.	BREAKFAST
04:00-07:00	.	Weekly housekeeping
07:00-07:05	FE-2	Disconnecting DCP cable
07:00-08:30	CDR	Physical Exercise (TVIS), day 1
07:10-07:15	FE-2	ALTEA Recovery - Part 1
07:30-07:35	FE-2	ALTEA Recovery - Part 1
08:30-10:00	FE-1	Physical Exercise (TVIS), day 1
09:00-10:00	FE-2	Physical Exercise (RED)
10:00-11:00	.	LUNCH
11:00-11:20	FE-1	Private family conference (<i>S-band</i>)
11:20-11:50	FE-1	COX maintenance
12:40-13:00	CDR	Private family conference (<i>S-band</i>)
13:00-14:00	CDR	Physical Exercise (VELO+RED) day 1
13:55-14:55	FE-1	Physical Exercise (VELO+RED) day 1
13:14-13:29	FE-2	Private Psychological Conference (<i>S-band</i>)
14:20-15:50	FE-2	Physical Exercise (TVIS)
15:30-15:35	CDR	HAM radio session set up
15:35-15:45	CDR	Ham radio session using PC
15:50-16:05	FE-2	Private Family Conference (<i>S+Ku-band</i>)
16:55-17:00	FE-2	Transfer TVIS/RED/CEVIS/HRM data to MEC
17:00-17:30	.	DINNER
17:30-18:00	.	Daily Food Prep
18:00-19:00	.	Pre-sleep
19:00-04:00	.	SLEEP

Note: See OSTP for references to US activities.

End of Radiogram