

Crew Rest

GMT	Crew	Activity
06:00–06:10		Morning inspection
06:10–06:40		Post-sleep
06:40–07:30		BREAKFAST
07:30–07:45	FE-1	Increment 4 payload status check
08:00–08:30	FE-2	EARTHKAM deactivation
08:05–08:10	CDR	Downlink of ??? data
08:10–08:15	CDR	Downlink of ?? counter data
08:15–08:55	CDR	Maintenance of ???
09:15–10:45	FE-1	Physical exercise (RED)
09:45–10:45	FE-2	Physical exercise (TVIS)
10:45–12:15	FE-2	Physical exercise (RED)
10:45–11:45	FE-1	Physical exercise (TVIS)
12:15–12:30	CDR	Private family conference
12:30–13:30		LUNCH
14:00–14:15	FE-2	Private psychological conference
14:40–14:55	FE-1	
15:00–15:40	CDR	IMS file prep
16:20–16:35	FE-2	Private family conference
18:00–18:30		Daily plan review
18:30–18:45		Daily planning conference (<i>S-band</i>)
18:45–19:30		Work prep
19:30–19:45	FE-1	DINNER
19:30–20:00	CDR, FE-2	
19:45–20:00	FE-1	Private family conference
20:00–20:30		Daily food prep
20:30–21:30		Pre-sleep
21:30–06:00		SLEEP

Notes: 1. See OSTP for references to US activities
2. CDR: URAGAN Earth Observations

End of radiogram