

**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
10:30-11:30	FE-1	Physical exercise (CEVIS)
11:30-13:00	CDR	Physical Exercise (TVIS), day 2
	FE-1	Physical Exercise (RED)
13:00-14:00		LUNCH
14:00-14:30		Weekly planning conference (S-band)
16:00-16:15	FE-1	Questionnaire – FE1 log entry
16:45-17:00		Private Family Conference ( <i>Ku + S-band</i> )
18:00-18:30	CDR	COX maintenance
18:30-19:30		Physical exercise (VELO + Load Trainer/Cycle 1), day 2
19:25-19:30	FE-1	Transfer TVIS, RED, and HRM data to MEC
19:30-20:00		DINNER
20:00-20:30		Daily food prep
20:30-21:30		Pre-sleep
21:30-06:00		SLEEP
<b>Task List</b>	CDR	URAGAN. Observation and photo imagery
		ECON. Observation and photo imagery

**Note:** See OSTP for references to US activities.

End of radiogram