

**CREW OFF DUTY**

GMT	CREW	ACTIVITY
06:00-06:10	.	Morning Inspection
06:10-06:40	.	Post-Sleep
06:40-07:30	.	Breakfast
10:40-11:40	FE-1	Physical Exercise – TVIS
11:40-13:10	CDR	Physical Exercise – TVIS – Day 2
11:40-13:10	FE-1	Physical Exercise – RED
13:10-14:10	.	LUNCH
14:10-14:40	CDR	COX Maintenance
14:55-15:25	CDR	Elektron-VM System Activation. Tagup w/specialists. ( <i>S-band + VHF</i> )
15:00-15:15	FE-1	Private Medical Conference ( <i>Ku + S-band</i> )
15:30-16:45	FE-1	Hardware prep for Orbiter return.
15:45-16:45	CDR	
16:45-17:00	.	Tagup on Orbiter Return Hardware Prepack ( <i>S-band</i> )
17:00-17:15	FE-1	Waste Removal System Fill Start – CWC 1027
17:00-18:00	CDR	Physical Exercise (VELO + FL1) – Day 2
17:15-17:20	FE-1	EXPRESS Rack Laptop Powerup
17:55-18:00	FE-1	TVIS, RED, and HRM Data Transfer to MEC
18:00-18:15	FE-1	WRM Fill End
18:00-18:15	CDR	Private Medical Conference ( <i>Ku + S-band</i> )
18:15-18:45	.	Review of Next Day's Plan
18:45-19:00	.	Daily Planning Conference ( <i>S-band</i> )
19:00-19:30	.	Report Prep
19:30-20:00	.	Dinner
20:00-20:30	.	Food Prep
20:30-21:30	.	Pre-Sleep
21:30-06:00	.	Sleep

**Note:** cf. OSTP for missing references to US activities

End of Radiogram