

Weekly Housekeeping

GMT	CREW	ACTIVITY
06:00-06:10	CDR	Morning inspection
06:00-06:05	FE-1	PLASMA CRYSTAL-3 PLUS. Turbo-pump activation
06:05-06:10		Morning inspection
06:10-06:40		Post-sleep
06:40-07:30	CDR	BREAKFAST
	FE-1	
07:30-10:30	CDR	Weekly Housekeeping
07:30-10:15	FE-1	
10:15-10:30	FE-1	Private conference with crew instructor (VHF)
10:30-10:50	CDR	EPO with P/L demonstration - procedure review
10:50-11:05		P/L EPO – camcorder set up
11:10-12:40		Physical exercise (CEVIS)
11:50-12:05	FE-1	Private psychological conference (<i>S-band</i>)
12:10-13:40		Physical Exercise (TVIS) day 1
12:40-13:40	CDR	Physical Exercise (RED)
13:40-14:10		Weekly planning conference (<i>S-band</i>)
14:10-15:10		LUNCH
15:20-15:35	CDR	Private family conference (<i>Ku + S-band</i>)
15:50-16:15		SSRMS demo for EPO
17:10-17:15		BCAT-3: camera checkout
17:15-17:25		BCAT-3: focus adjustment
17:55-18:25	FE-1	COX maintenance
18:25-19:25		Physical Exercise (VELO+RED) day 1
19:25-20:00		DINNER
19:25-19:30	CDR	Transferring TVIS, RED, and HRM data to MEC
19:30-20:00		DINNER
20:00-20:30		Daily food prep
20:30-21:30	CDR	Pre-sleep
20:30-21:25	FE-1	
21:25-21:30	FE-1	PLASMA CRYSTAL-3 PLUS. Turbo-pump deactivation
21:30-06:00		SLEEP
Task List	FE-1	GCF-JAXA. TBY incubator temperature check
		PULSE

Note: See OSTP for references to US activities.
End of Radiogram