

**TRANSFERRING RAW ACH DATA TO A FLASH CARD**

GMT	CREW	ACTIVITY
06:00-06:10	.	Morning Inspection
06:10-06:40	.	Post-sleep
06:40-07:30	.	BREAKFAST
09:00-10:00	CDR	Transferring raw ACH data to a flash-card and OCA downlink. <i>Tagup with specialists (S-band)</i>
10:40-12:10	FE-1	Physical Exercise (TVIS), day 4
11:00-12:00	FE-2	Physical Exercise (RED)
12:00-13:00	CDR	Physical Exercise (VELO+RED), day 4
13:00-14:00	.	LUNCH
14:00-14:40	FE-1	COX maintenance
15:00-16:30	FE-2	Physical Exercise (TVIS)
16:15-17:15	FE-1	Physical Exercise (VELO + RED), day 4
16:45-18:15	CDR	Physical Exercise (TVIS), day 4
18:15-18:45	.	Evening work prep
18:45-19:00	.	Daily Planning Conference ( <i>S-band</i> )
19:00-19:30	.	Evening work prep
19:30-20:00	.	DINNER
20:00-20:30	CDR, FE-1	Daily Food Prep
20:00-20:07	FE-2	Daily Food Prep
20:07-20:22	FE-2	Private Family Conference (Ku + S-band)
20:22-20:30	FE-2	Daily Food Prep
20:30-21:30	.	Pre-sleep
21:30-06:00	.	SLEEP
<b>Task List</b>	CDR	URAGAN. Observation and photography
	FE-1	GCF-JAXA. TBY temperature monitoring (in the morning)
		PLANTS-1. Payload status check (in the morning)
		DIATOMEA. World Ocean Observations

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

End of Radiogram