

GMT	CREW	ACTIVITY
06:00-06:10		Morning inspection
06:10-06:40		Post-sleep
06:40-07:30		BREAKFAST
11:05-12:35	CDR	Physical Exercise (TVIS + RED) day 4
11:25-11:55	FE-1	Conference with P/TV specialists and NICON F5 camera config (<i>S-band</i>)
12:35-13:35		LUNCH
13:35-14:05	CDR	COX maintenance
14:10-14:40		Weekly planning conference (<i>S-band</i>)
15:35-15:50	FE-1	PCS reboot (once a week)
15:50-15:55	FE-1	SSC OCA router reboot
16:00-16:20		ISS crew / Program Management weekly conference (<i>S-band</i>)
16:45-17:00	FE-1	Questionnaire: journal entry
17:00-18:30	FE-1	Physical Exercise (RED)
17:15-18:15	CDR	Physical Exercise (VELO + Force Loader /1) day 4
18:15-18:30	CDR	Questionnaire: journal entry
18:30-19:30	FE-1	Physical Exercise (TVIS)
19:30-20:00		DINNER
20:00-20:30		Daily food prep
20:30-21:30		Pre-sleep
21:30-06:00		SLEEP

See OSTP for references to US activities
End of radiogram