

Crew Off Duty

GMT	Crew	Activity
06:00-06:10	.	Morning inspection
06:10-06:40		Post-sleep
06:40-07:30		BREAKFAST
07:30-07:35	FE-1	PLANTS-2: payload status check
09:20-09:35		Private family conference (<i>S+Ku-band</i>)
09:25-10:25	CDR	Physical exercise (TVIS)
09:45-10:25	FE-1	Maintenance of COX
10:25-11:55		Physical exercise (TVIS)
11:55-12:55	.	LUNCH
12:55-13:10	CDR	Private psychological conference (<i>S-band</i>)
13:10-13:25	FE-2	Private psychological conference (<i>S-band</i>)
13:30-13:35		IMS file auto export/import
13:50-13:55	FE-1	Calldown of CΠ counter status
13:55-14:00		Calldown of CBO water supply status
14:00-14:05		ELECTRON-VM: monitoring air quantity in the gas/fluid mix
14:45-15:00	FE-2	Private family conference (<i>S-band</i>)
14:40-16:10	CDR	Physical exercise (RED)
15:15-16:15	FE-2	Physical exercise (TVIS)
16:10-16:25	CDR	Private family conference (<i>S-band</i>)
16:15-17:45	FE-2	Physical exercise (RED)
17:15-18:15	FE-1	Physical exercise (VELO + Load Trainer-1)
18:15-18:30	.	Daily planning conference (<i>S-band</i>)
18:30-19:00		Daily plan review
19:00-19:30		Prep for work
19:30-20:00		DINNER
20:00-20:30		Daily food prep
20:30-21:30		Pre-sleep
21:30-06:00		SLEEP

NOTE: See OSTP for references to US procedures
End of radiogram