

Crew Off-Duty. Weekly Housekeeping

GMT	CREW	ACTIVITY
06:00-06:10		Morning inspection
06:10-06:40		Post-sleep
06:40-07:30		BREAKFAST
07:30-10:30		Weekly housekeeping
11:30-13:00	FE-1	Physical exercise (TVIS) day 4
12:15-12:45	CDR	Payload training. Soldering in space
12:45-13:45		Payload review. Soldering in space
13:00-14:00		LUNCH
14:00-14:30		Weekly planning conference (<i>S-band</i>)
14:30-14:45	CDR	Crew conference (<i>S-band</i>). Soldering in space
15:45-17:15		Physical exercise (RED)
17:15-18:15		Physical exercise (CEVIS)
18:00-19:00	FE-1	Physical exercise (VELO + Force Loader/cycle 1) day 4
18:15-18:20	CDR	TVIS, RED and HRM data transfer to MEC
18:50-19:05		Private family conference (<i>S+Ku-band</i>)
19:00-19:30	FE-1	COX maintenance
19:15-19:30	CDR	EVA equipment battery charge status check
19:30-20:00		DINNER
20:00-20:30		Food prep
20:30-21:30		Pre-sleep
21:30-06:00		SLEEP

Note: See OSTP for references to US activities

End of radiogram