

CREW OFF DUTY

GMT	CREW	ACTIVITY
06:00-06:10	.	Morning Inspection
06:10-06:40		Post-sleep
06:40-07:30		BREAKFAST
07:45-07:50	FE-2	Disconnecting ITCS LTL
08:00-09:30		Physical Exercise (TVIS)
09:30-10:30		Physical Exercise (RED)
10:30-12:00	FE-1	Physical Exercise (TVIS), day 2
10:45-10:50	FE-2	HAM radio setup
10:50-11:00		HAM radio session
12:00-13:00	CDR	Physical Exercise (VELO + RED) day 2
13:00-14:00	.	LUNCH
14:10-14:25	FE-2	Private Family Conference (<i>S + Ku-band</i>)
15:05-15:45	FE-1	COX maintenance
15:45-16:45		Physical Exercise (VELO+RED), day 2
16:45-18:15	CDR	Physical Exercise (TVIS), day 2
18:00-18:15	FE-2	EPO - Growth Chamber C Monitoring
18:15-18:40	.	Evening work prep
18:40-18:55		Daily Planning Conference (<i>S-band</i>)
18:55-19:30	CDR,FE-1	Evening work prep
19:00-19:15	FE-2	Private Family Conference (<i>S + Ku-band</i>)
19:15-19:30		Evening work prep
19:30-20:00	.	DINNER
20:00-20:30		Daily Food Prep
20:30-21:30		Pre-sleep
21:30-06:00		SLEEP
Task List	CDR	URAGAN. Observation and photography
	FE-1	PLANTS-1. Data collection and downlink
		GSF-JAXA. TBY temperature monitoring (in the morning)

Note: See OSTP for references to US activities.

End of Radiogram