

**CREW OFF DUTY**

<b>GMT</b>	<b>CREW</b>	<b>ACTIVITY</b>
06:00-06:10	.	Morning Inspection
06:10-06:40	.	Post-Sleep
06:40-07:30	.	Breakfast
11:25-11:40	FE-1	Private Psychological Conference ( <i>VHF</i> )
11:40-13:10	CDR	Physical Exercise - RED
11:40-13:10	FE-1	Physical Exercise – TVIS – Day 4
13:10-14:10	.	Lunch
15:30-16:00	FE-1	COX Maintenance
16:00-17:00	CDR	Physical Exercise – TVIS
16:00-17:00	FE-1	Physical Exercise (VELO + FL1) – Day 4
17:00-17:30	.	Review of Next Day's Plan
17:30-17:45	.	Daily Planning Conference ( <i>S-band</i> )
19:00-19:30	.	Report Prep
19:30-20:00	.	Dinner
20:00-20:30	.	Food Prep
20:30-21:30	.	Pre-Sleep
21:30-06:00	.	Sleep
<b>Task List</b>	FE-1	PLANTS-2. Equipment Monitoring

**Note:** cf. OSTP for missing references to US activities

End of Radiogram