

GMT	CREW	ACTIVITY
06:40-06:50	CDR, FE-1, FE-2	Morning inspection
06:50-07:20		Post-sleep
07:20-08:00	CDR	BREAKFAST
07:20-08:10	FE-1, FE-2	
08:00-08:20	CDR	Private conference with ISS RS management (<i>VHF</i>)
08:10-08:25	FE-2	Transfer list review
	FE-1	Work prep
08:25-08:40	CDR, FE-1, FE-2	Daily Planning Conference (<i>S-band</i>)
08:40-08:50	FE-1	O2 level check
08:40-12:05	CDR	MPLM transfers
08:40-12:10	FE-2	
08:50-10:35	FE-1	
10:35-12:05	FE-1	Physical Exercise (TVIS)
12:05-13:05		Physical exercise (RED)
12:05-13:35	CDR	Physical Exercise (TVIS), Day 3
12:10-13:05	FE-2	MSG box R&R
13:05-13:35	FE-1, FE-2	MPLM transfers
13:35-14:35	CDR, FE-1, FE-2	LUNCH
14:35-15:00		Crew conference
15:00-16:20	CDR	MPLM transfers
15:00-15:55	FE-2	
15:00-17:55	FE-1	
15:50-16:50	FE-2	Physical Exercise (VELO + Load Trainer-1), day 2
16:20-16:50	CDR	COX Maintenance
16:50-17:05		Private Medical Conference (<i>Ku + S-band</i>)
16:55-17:10	FE-2, MS3	Transfer ops tagup (<i>S-band</i>)
17:05-17:25	CDR	IMS update
17:10-18:10	FE-2, STS	EVA3 procedure review
17:25-18:25	CDR	Physical Exercise (VELO + Load Trainer-1), day 3
17:55-18:10	FE-1	Private Medical Conference (<i>Ku + S-band</i>)
18:10-18:25		Questionnaire - journal entry (FE-1)
18:10-18:25	FE-2	Transfers briefing
18:25-18:40	CDR, FE-1, FE-2	Daily Planning Conference (<i>S-band</i>)
18:40-18:55	FE-2	Evening work prep
18:40-19:10	CDR, FE-1	
18:55-19:10	FE-2	Private Medical Conference (<i>Ku + S-band</i>)
19:10-19:40	CDR, FE-1, FE-2	DINNER
19:40-20:10		Daily Food Prep
20:10-21:10		Pre-sleep

21:10-05:40		SLEEP
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See OSTP for references to US activities.

End of Radiogram