

SCIENCE EXPERIMENTS. CREW OFF-DUTY

GMT	CREW	ACTIVITY
06:00-06:10		Morning inspection
06:10-06:40		Post-sleep
06:40-07:30		BREAKFAST
07:30-10:30	CDR	Weekly housekeeping (Air duct cleaning, damper installation in crew cabin #2, ventilation system preventive maintenance)
	FE-1, FE-2	Weekly Housekeeping
10:30-11:30	FE-2	Physical Exercise (TVIS) day 3
10:30-12:00	FE-1	Physical Exercise (CEVIS)
11:30-12:30	CDR	Physical Exercise (TVIS) Day 4
11:30-11:45	FE-2	RENAL. Diet log
11:45-12:05		RENAL. Urine collection.
12:00-13:00	FE-1	Physical Exercise (RED)
12:45-13:00	CDR	Private psychological conference (<i>VHF</i>)
13:00-13:30		Weekly planning conference (<i>S-band</i>)
13:40-14:00	FE-2	RENAL. Urine collection.
13:40-13:55	FE-1	RENAL. Diet log
13:55-14:15		RENAL. Urine collection.
14:30-15:30	.	LUNCH
15:30-15:50	FE-1	RENAL. Urine collection.
15:50-16:10	FE-2	
16:25-16:55	CDR	COX maintenance
17:00-18:30	FE-2	Physical Exercise (RED)
17:30-17:50	FE-1	RENAL. Urine collection.
17:50-18:05		Private family conference (<i>Ku + S-band</i>)
18:00-19:30	CDR	Physical Exercise (TVIS) Day 4
18:30-18:50	FE-1	RENAL. Urine collection.
18:50-19:10	FE-2	
19:25-19:30	FE-1	Transferring TVIS, RED, and HRM data to MEC
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	STATOKONIA. APT temperature check
		PLANTS-2. Payload status check

Note: See OSTP for references to US activities.

End of Radiogram