

CREW OFF DUTY

GMT	CREW	ACTIVITY
06:00-06:10	.	Morning inspection
06:10-06:40	.	Post-sleep
06:40-07:30	.	BREAKFAST
07:30-07:50	FE-1,FE-2	Renal Stone Urine Collection
07:50-08:00	FE-1	Renal Stone Photography
10:30-12:00	FE-1	Physical Exercise (TVIS)
12:00-13:30	CDR	Physical Exercise (TVIS) day 1
12:00-13:00	FE-1	Physical Exercise (RED)
12:00-13:30	FE-2	Physical Exercise (CEVIS)
13:30-14:30	.	LUNCH
15:01-15:16	FE-2	Private Family Conference (<i>Ku + S-band</i>)
15:30-15:50	FE-1	Renal Stone Hardware Stow
16:15-17:15	FE-2	Physical Exercise (TVIS) day 4
16:25-16:55	CDR	COX maintenance
17:15-18:15	CDR	Physical Exercise (TVIS) day 1
18:15-18:45	.	Evening work prep
18:45-19:00	.	Daily Planning Conference (<i>S-band</i>)
19:00-19:30	.	Evening work prep
19:30-20:00	CDR,FE-2	DINNER
19:30-19:53	FE-1	DINNER
19:53-20:08	FE-1	Private Family Conference (<i>Ku + S-band</i>)
20:00-20:30	CDR,FE-2	Daily food prep
20:08-20:30	FE-1	Daily food prep
20:30-21:30	.	Pre-sleep
21:30-06:00	.	SLEEP

Note: See OSTP for references to US activities.

End of Radiogram