

SCIENCE EXPERIMENTS. CREW OFF DUTY.

GMT	CREW	ACTIVITY
06:00-06:10	.	Morning inspection
06:10-06:30	FE-2	Post-sleep
06:10-06:40	CDR,FE-1	
06:30-06:35	FE-2	SKIN. Cream application to hand
06:35-06:45		Post-sleep
06:40-07:30	CDR,FE-1	BREAKFAST
06:45-07:35	FE-2	
10:00-11:00	CDR	Physical Exercise (RED)
10:30-12:00	FE-1	Physical Exercise (TVIS) day 4
11:00-12:30	CDR	Physical Exercise (CEVIS)
12:00-13:00	FE-2	Physical Exercise (TVIS) day 4
12:35-12:50	CDR	Private Family Conference (<i>Ku + S-band</i>)
13:00-14:00	.	LUNCH
14:20-14:40	FE-2	Private Family Conference (<i>Ku + S-band</i>)
16:00-16:15	FE-1	Private Psychological Conference (<i>VHF</i>)
16:45-17:15	CDR	COX maintenance
16:45-18:15	FE-2	Physical Exercise (CEVIS) day 4
17:15-18:15	FE-1	Physical Exercise (VELO + LT-1) day 4
18:15-18:30	.	Daily Planning Conference (<i>S-band</i>)
18:30-19:30		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

Note: See OSTP for references to US activities.
End of Radiogram