

Radiogram No. 4369u

Form 24 for 12/21/06

CREW OFF DUTY

GMT	CREW	ACTIVITY / <i>ODF or r/g</i>
10:00-10:10		Morning Inspection
10:10-10:40		Post-sleep
10:40-11:30		BREAKFAST
12:00-13:00	FE-1	Stowing ammonia respirators / <i>r/g 4370</i>
12:10-12:15	CDR	Signal Video Converter (SVG) power up
12:15-12:30		Set up video equipment to record RED exercise
12:30-13:30		Physical Exercise (RED)
13:00-14:30	FE-1	Physical Exercise (TVIS), Day 3
13:30-14:30	FE-2	Physical Exercise (RED)
13:45-14:00	CDR	Private conference requested by the crew (Ku + S-band)
14:30-15:30		LUNCH
15:30-16:00	FE-1	COX maintenance
15:30-17:00	FE-2	Oxygen Generating System (OGS) Maintenance and Checkout
15:30-15:35	CDR	EXPRESS Rack 3 - Laptop power up
15:35-15:40		EMCS - opening of gas mix valve
15:40-16:10		Crew Medical Officer (CMO) proficiency training
16:00-16:25	FE-1	PLANTS-2. Hardware test. <i>Tagup with specialists (S-band) / r/g 4364</i>
16:45-18:15	CDR	Physical Exercise (CEVIS)
17:00-18:00	FE-1	Physical Exercise (VELO + RED) day 3
17:00-17:30	FE-2	Crew Medical Officer (CMO) proficiency training
17:30-19:00		Physical Exercise (TVIS)
18:15-18:25	CDR	Terminate EMU battery discharge
18:25-18:55		Start EMU battery discharge
18:30-19:15	FE-1	Evening work prep
18:55-19:05	CDR	Terminate EMU METOX Regeneration
19:00-19:05	FE-2	Transfer TVIS/RED/CEVIS/HRM data to MEC
19:05-19:15	CDR	Start EMU Metox Regeneration
19:05-19:15	FE-2	Evening work prep
19:15-19:30		Daily Planning Conference (<i>S-band</i>)
19:30-20:00		Daily Food Prep
20:00-20:30		DINNER
20:30-21:30		Pre-sleep

21:30-06:00		SLEEP
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Note: See OSTP for references to US activities.

End of Radiogram