

CREW OFF-DUTY

GMT	CREW	ACTIVITY
06:00-06:10	.	Morning inspection
06:10-06:40	.	Post-sleep
06:40-07:30	.	BREAKFAST
09:15-09:45	CDR,FE-1	Skills training for the Shuttle R-Bar Pitch Maneuver
09:45-09:50	FE-1	Downlink images obtained during RPM OBT
10:00-11:30	FE-1	Physical Exercise (TVIS) Day 3
11:30-13:00	CDR	Physical Exercise (TVIS) Day 3
12:00-13:00	FE-2	Physical Exercise (RED)
13:00-14:00	.	LUNCH
14:00-14:30	FE-2	COX Maintenance (CBO data calldown, СПК-Y counter)
14:35-14:50	FE-2	Private Family Conference (<i>S + Ku-band</i>)
14:55-16:25	FE-2	Physical Exercise (TVIS)
15:50-16:05	CDR	Motorola phone charging setup, start charge. <i>Tagup with specialists as necessary (S-band)</i>
16:20-16:25	CDR	Motorola phone charging - status check
16:25-16:40	FE-2	Private Psychological Conference (<i>Ku + S-band</i>)
16:25-17:25	FE-1	Physical Exercise (VELO+RED) day 3
16:40-16:45	CDR	Motorola phone charging - status check
16:45-16:50	FE-2	HAM radio setup
16:50-17:00	FE-2	HAM radio session
17:00-17:05	CDR	Motorola phone charging - status check
17:05-17:15	CDR	Motorola phone charging - terminate charging, cleanup
17:15-18:15	CDR	Physical Exercise (VELO+RED) day 3
18:15-18:30	.	Evening work prep
18:30-18:45	.	Daily Planning Conference (<i>S-band</i>)
18:45-19:30	.	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
Task List	FE-1	DIATOMEA. World Ocean Observations

Note: See OSTP for references to US activities.

End of Radiogram