

Crew Rest

GMT	Crew	Activity
06:00–06:10		Morning inspection
06:10–06:40		Post-sleep
06:40–07:30		BREAKFAST
09:15–11:15		Weekly housecleaning
11:25–12:55	FE-1	Physical exercise (RED)
11:45–12:00	CDR	Private family conference (S-band)
11:55–12:55	FE-2	Physical exercise (CEVIS)
12:00–12:55	CDR	Physical exercise (TVIS)
12:55–13:55		LUNCH
13:55–14:00	CDR	Inspection of ???-1 separator
13:55–14:10	FE-2	UF1 payload status check
14:00–14:40		Maintenance of ???
14:40–15:20	CDR	Leak check of FGB ?? -Y hatch plug: equipment destow and prep
15:30–17:00		Physical exercise (VELO+RED)
16:00–17:00	FE-1	Physical exercise (TVIS)
16:40–16:55		Private family conference (S-band)
17:00–18:30	FE-2	Physical exercise (RED)
17:35–17:50	FE-1	Private family conference (S-band)
19:30–20:00		DINNER
20:00–20:30		Daily food prep
20:30–21:30		Pre-sleep
21:30–06:00		SLEEP

Notes:

1. See OSTP for references to US activities
2. CDR: HURRICANE Earth observations, KROMKA Experiment (Task List)

End of radiogram