

GMT	CREW	ACTIVITY
06:00-06:10	.	Morning inspection
06:10-06:40	.	Post-sleep
06:40-07:30	.	BREAKFAST
07:30-07:45	.	Morning DPC ( <i>S-band</i> )
07:45-08:15	.	Work prep
08:15-08:25	FE-1	Completion of EMU battery charging
08:20-08:35	FE-2	ADVASC – activation
	CDR	Increment 4 payload status check
08:35-08:45	CDR	PAO setup
08:35-10:50	FE-1,FE-2	EMU C/O and water refill
08:45-09:00		
09:00-09:30	CDR	IMS conference ( <i>S-band</i> )
09:30-11:00		PHYSICAL EXERCISE -3 (TVIS+IREG)
10:50-11:00	FE-1	ADVASC – initial status monitoring
10:50-11:50	FE-2	PHYSICAL EXERCISE: CEVIS
11:00-12:30	FE-1	PHYSICAL EXERCISE: RED
11:45-12:25	CDR	??? Maintenance
11:50-12:30	FE-2	Radiation monitoring during EVA (EVARM) – Pre-EVA Measurement readings, part 1
12:30-13:30	.	LUNCH
13:30-14:10	CDR	Delta-file prep for downlink
13:30-13:45	FE-2	Radiation monitoring during EVA (EVARM) – Pre-EVA Measurement readings, part 2
13:45-14:05	FE-2	Radiation monitoring during EVA (EVARM) – cleanup and stowing
14:05-14:45	FE-2	INTERACTION – CDR data collection
14:20-15:00	CDR	Control of environmental microecosphere
14:45-16:15	FE-2	Physical Exercise: RED
15:00-16:00	CDR	Physical Exercise: Cycle-3
15:00-16:00	FE-1	EMU C&W System Training
16:00-16:15	FE-1	PGT c/o
16:15-16:25	.	PAO prep
16:25-16:50	.	Educational PAO ( <i>S-band</i> )
17:15-18:15	FE-1	Physical Exercise: CEVIS
17:15-18:15	FE-2	EMU C&W System Training
17:25-18:05	CDR	INTERACTION – CDR data collection
18:15-18:35	.	Daily plan review
18:35-18:50	.	DPC ( <i>S-band</i> )
19:00-19:30	CDR	Report prep
	FE-1, FE-2	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

**NOTES:** See OSTP for references to US activities.  
End of radiogram