

**CREW OFF-DUTY**

GMT	CREW	ACTIVITY
06:00-06:10		Morning Inspection
06:10-06:40		Post-sleep
06:40-07:30		BREAKFAST
08:30-09:30	FE-2	Physical Exercise (CEVIS)
09:30-10:30		EVA timeline review. <i>Tagup with specialists (S-band)</i>
10:30-11:30		Specific EVA procedures review. <i>Tagup with specialists (S-band)</i>
11:30-13:00	FE-1	Physical Exercise (TVIS), day 1
12:00-13:00	CDR	Physical Exercise (RED)
12:00-12:30	FE-2	Review of BCAT-4 reference materials prior to operations
12:30-13:00		EarthKAM power config for BCAT
13:00-14:00		LUNCH
14:00-14:30		Weekly planning conference ( <i>S-band</i> )
14:30-14:40	FE-2	Installation of camcorder and DCS 760 camera
14:40-15:40		BCAT-4 Hardware Set up
15:40-15:50		BCAT-4 Crystal Check
15:50-16:05		Photography of BCAT-4 crystal
16:05-16:35		BCAT-4 Initialization
16:20-17:00	FE-1	COX Maintenance, Pressurizing Liquid Unit Elektron #56
16:35-16:40		VOA Power Down
16:40-16:55	FE-2	Questionnaire Data Entry
17:00-18:30		Physical Exercise (RED)
17:00-18:30	CDR	Physical Exercise (TVIS)
18:30-19:30	FE-1	Physical Exercise (VELO + RED), day 1
18:30-18:45	FE-2	Private Family Conference ( <i>S + Ku-band</i> )
19:30-21:30		Presleep (dinner, daily food prep, evening toilet)
21:30-06:00		SLEEP

**Notes:**

1. SM Window #9 shutter opening is at crew discretion w/ **Report to MCC**
  2. See OSTP for references to US activities.
- End of Radiogram