

Crew Rest

GMT	Crew	Activity
12:30–12:40		Morning inspection
12:40–13:10		Personal hygiene (post-sleep)
13:10–14:00		BREAKFAST
14:10–14:50	FE-2	Maintenance of ???
14:10–14:15	FE-1	Calldown of ??? data
14:15–14:20		Calldown of ?? counter data
14:50–15:05	FE-2	Activation of ??? in Soyuz
15:30–16:30	FE-1	Physical exercise (TVIS)
16:30–18:00		Physical exercise (RED)
17:10–17:25	FE-2	Private family conference
17:30–17:45	CDR	
18:00–19:00		LUNCH
19:00–19:15	CDR	Private medical conference
19:15–19:30	FE-1	Private medical conference
19:30–19:55		Increment 4 payload status check
20:15–20:30		Private psychological support conference
20:45–21:00	FE-2	
21:30–22:30	FE-2	Physical exercise (TVIS)
22:15–22:30	FE-1	Private family conference
22:30–00:00	FE-2	Physical exercise (RED)
00:45–01:15		Daily plan review
01:15–01:30		Evening DPC
01:30–02:00		Work prep
02:00–02:30		DINNER
02:30–03:00		Daily food ration prep / FE-2
03:00–04:00		Personal hygiene (pre-sleep)
04:00–12:30		SLEEP

Notes: See OSTP for references to US activities

End of radiogram