Crew Rest

TIME	CREW	ACTIVITY
06:00-06:10		Morning inspection
06:10-06:40		Post-sleep
06:40-07:30		BREAKFAST
08:15-08:40	FE-2	Increment 4 daily P/L status check
09:00-10:30	FE-1	Physical exercise (RED)
09:30-10:30	FE-2	Physical exercise (TVIS)
10:30-11:30	FE-1	Physical exercise (TVIS)
10:30-12:00	FE-2	Physical exercise (RED)
10:40-10:45	CDR	?? (WCS) counter data calldown
10:45-10:50	CDR	??? (Water Supply System) data calldown
10:50-11:30	CDR	??? maintenance
11:30-12:30	CDR	Physical exercise (TVIS-1)
12:30-13:30		LUNCH
14:55-15:10	CDR	??? cartridge filter 1 regeneration (end)
15:15-15:30	FE-1	Private psychological (support) conference (S-band)
15:35-15:50	FE-2	Private psychological (support) conference (S-band)
15:45-16:00	CDR	Private family conference (S-band)
16:35-16:50	CDR	??? cartridge filter 2 regeneration (init)
16:50-18:20	CDR	Physical exercise (VELO+RED-1)
18:00-18:30	FE-1, FE-2	Daily plan review
18:20-18:30	CDR	Daily plan review
18:30-18:45		Daily planning conference (S-band)
19:00-19:30		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

Note: See OSTP for references to US activities

End of radiogram