

**Crew Rest**

GMT	Crew	Activity
06:00–06:10		Morning inspection
06:10–06:40		Personal hygiene (post-sleep)
06:40–07:30		BREAKFAST
08:00–08:40	FE-2	Maintenance of ? ? ?
08:40–08:55	CDR	Private psychological support conference (VHF)
09:00–12:00		Weekly station cleanup
12:00–13:00	CDR	Physical exercise (cycle-2)
13:00–14:00		LUNCH
14:20–14:50		Weekly planning conference
14:50–15:15	FE-1	UF1 payload status check
15:30–17:00	FE-2	Physical exercise (RED)
16:00–17:00	FE-1	Physical exercise (TVIS)
17:00–18:30		Physical exercise (RED)
17:00–18:00	FE-2	Physical exercise (TVIS)
18:00–19:30	CDR	Physical exercise (TVIS+IREDD day 2)
19:30–20:00		DINNER
20:00–20:30		Daily food ration prep
20:30–21:30		Personal hygiene (pre-sleep)
21:30–06:00		SLEEP

NOTE: See OSTP for references to US activities

End of radiogram