

**Crew Rest**

GMT	Crew	Activity / <i>ODF or R/G</i>
09:00–09:10		Morning inspection
09:10–09:40		Personal hygiene (post-sleep)
09:40–10:30		BREAKFAST
10:30–12:30		Weekly station cleanup / <i>MO Vol. 1, item 2.2.1, page 2-2</i>
12:30–13:10	CDR	Maintenance of ? ? ?
13:05–14:05	FE-1	Physical exercise (TVIS)
14:00–15:30	FE-2	Physical exercise (RED)
14:35–15:00	FE-1	LAB payload status monitoring
15:00–15:30	CDR	DIATOMEA: study of the World Ocean / <i>r/g 1477</i>
15:30–16:30		LUNCH
16:30–16:45	FE-2	PRIVATE FAMILY CONFERENCE
18:00–20:30	CDR	Physical exercise (TVIS+cycle-2)
20:30–22:00	FE-1	Physical exercise (RED)
22:00–23:00	FE-2	Physical exercise (TVIS)
00:30–01:00		DINNER
01:00–01:30		Daily food ration prep
01:30–02:30		Personal hygiene (pre-sleep)
02:30–11:00		SLEEP

End of radiogram