CREW'S REST

Time	Crew	Activity/Reference to the procedure or r/g
07:30 - 07:40		Morning inspection of the station
07:40 - 08:10		Post sleep
08:10 - 09:00		Meal (Breakfast)
09:00 - 09:15	FE1	ARIS Rack 2 – guide installation
09:15 - 11:15		Weekly cleanup of the station per? ed Ops procedure, vol.1, par.2.2.1, page 2-2
11:15 - 11:55	CDR	??? Maintenance
11:55 - 12:55	CDR	TVIS Exercise, day 2 cycle
13:00 - 13:15	CDR	Private Psychological Conference
13:30 - 14:30		Meal (Lunch)
14:30 - 14:45	FE 2	LAB Payload status check
15:15 - 16:00		Conference with 7? .1 crew
16:00 - 17:00	FE 2	TVIS Exercise
17:00 - 18:00	FE 1	TVIS Exercise
18:00 - 19:30	CDR	TVIS+IRED Exercise, day 2 cycle
21:00 - 21:30		Meal (Dinner)
21:30 - 22:00		Daily food ration prep
22:00 - 23:00		Pre-sleep
23:00 - 07:30		Sleep

Note: See OSTP for US activities

End of R/G