

## CREW REST

GMT	CREW	ACTIVITY
06:00-06:10		Morning inspection
06:10-06:40		Post-sleep
06:40-07:30		BREAKFAST
07:40-07:55	CDR	Private psychological conference ( <i>VHF</i> )
08:05-08:10		CBO data calldown ( <i>S-band</i> )
08:10-08:15		CPI counter data calldown ( <i>S-band</i> )
08:15-08:30		Private family conference ( <i>Ku+S-band</i> )
08:30-08:45	FE-2	
09:00-09:10	FE-1	Daily payload status check
09:15-09:30	FE-2	Private psychological conference ( <i>VHF</i> )
10:00-11:30	FE-1	Physical exercise (RED)
10:00-11:00	FE-2	Physical exercise (TVIS, day 1)
11:00-11:30		Physical exercise (Active Rest)
11:30-12:30	CDR	Physical exercise (VELO + Load Trainer 1, day 1)
	FE-1	Physical exercise (CEVIS)
12:30-13:30		LUNCH
13:40-13:55	FE-1	Private psychological conference ( <i>S-band</i> )
13:55-14:10		Private family conference ( <i>S-band</i> )
16:05-16:45	CDR	COX maintenance
16:45-17:45		Physical exercise (TVIS, day 1)
16:55-17:15	FE-2	<b>On MCC Go</b> ISS Repress with O2 from Progress CПIK
17:15-18:15		Physical exercise (VELO + Load Trainer 1, day 1)
17:45-18:15	CDR	Physical exercise (Active Rest)
18:15-18:45		Daily plan review
18:45-19:00		Daily planning conference ( <i>S-band</i> )
19:00-19:30		Report 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.

Task List:1. FE-2: URAGAN – Elbrus imagery 09:24-09-26

CDR: HDTV Cassette Inventory – r/g 4164

End of radiogram