Crew rest.

GMT	CREW	ACTIVITY / ODF or R/G
06:00-06:10		Morning inspection
06:10-06:40		Personal hygiene (post-sleep)
06:40-07:30		Breakfast
07:30-07:55	CDR	US payload daily status check
08:00-08:25	-FE-1	??? maintenance
08:25-08:40		Vozdukh CO2 analyzer hook-up (?? ??????"??????") / r/g 2276u
08:45-08:50		??? (water supply system) data dump
08:50-08:55		?? counter data dump
09:50-11:20	CDR	Physical exercise (TVIS)
11:20-12:20		Physical exercise (RED)
12:20-13:20		Lunch
13:20-13:35	FE-1	Video PFC (S-band, Ku-band)
13:35-13:50	PLT	Video PFC (S-band, Ku-band)
14:26-14:41	CDR	Private psychological conference (S-band)
16:40-16:55	CDR	Video PFC (S-band, Ku-band)
17:05-17:20		Review of plan for upcoming day
17:20-17:35		DPC
17:45-18:30		Work prep
18:30-19:00		Dinner
19:00-19:30		Daily food ration prep
19:30-20:30		Personal hygiene (pre-sleep)
20:30-05:00		Sleep

Note: see OSTP for US procedure references.

End of radiogram