

Crew Rest

GMT	Crew	Activity
06:00–06:10		Morning inspection
06:10–06:40		Post-sleep
06:40–07:30		BREAKFAST
08:05–08:45	FE-2	Maintenance of COЖ
08:05–08:10	CDR	Calldown of CBO water supply data (<i>S-band</i>)
08:10–08:15		Calldown of CП counter data (<i>S-band</i>)
10:15–11:45	FE-1	Physical exercise (RED)
10:45–11:45	CDR	Physical exercise (TVIS-2)
11:30–13:00	FE-2	Physical exercise (VELO+RED day 2)
11:45–12:45	FE-1	Physical exercise (TVIS)
13:00–14:00		LUNCH
14:00–14:10	FE-1	Off-day LAB payload status check
14:15–14:30		Private psychological conference (<i>S-band</i>)
15:00–15:15	CDR	Private family conference (<i>S-band</i>)
15:30–15:45		
15:45–17:15		Physical exercise (TVIS / active rest – day 2)
16:40–16:55	FE-2	Private family conference (<i>S-band</i>)
17:15–18:15		Physical exercise (TVIS-2)
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 activities for CDR and FE-2: HDTV

End of radiogram