

**Crew Rest / Weekly Housecleaning**

<b>GMT</b>	<b>Crew</b>	<b>Activity</b>
06:00–06:10		Morning inspection
06:10–06:40		Post-sleep
06:40–07:30		BREAKFAST
08:00–08:30	CDR, FE-2	Private family conference ( <i>Ku+S-band</i> )
09:00–09:40	CDR	Maintenance of ? ? ?
10:05–11:35	FE-1	Physical exercise (RED)
10:10–11:10	FE-2	Physical exercise (TVIS-3)
11:05–12:35	CDR	Physical exercise (VELO+RED day 3)
11:35–12:35	FE-1	Physical exercise (CEVIS)
12:35–13:35		LUNCH
13:35–14:05		Weekly planning conference ( <i>S-band</i> )
14:05–14:15	FE-1	Off-day LAB payload status check
14:15–17:15		Weekly housecleaning (with FUNGISTAT treatment)
17:15–18:15	CDR	Physical exercise (TVIS-3)
17:15–18:45	FE-2	Physical exercise (VELO+RED day 3)
19:30–20:00		DINNER
20:00–20:30		Daily food prep
20:30–21:30		Pre-sleep
21:30–06:00		SLEEP

**Notes:**

1. See OSTP for references to US activities
2. Task List activities: URAGAN Earth Observations per r/g 3826u, DIATOMEA Ocean Observations per r/g 3828u

End of radiogram