

**Crew Rest**

| GMT         | Crew | Activity  |
|-------------|------|---|
| 06:00–06:10 |      | Morning inspection                                      |
| 06:10–06:40 |      | Post-sleep  |
| 06:40–07:30 |      | BREAKFAST   |
| 07:30–09:30 |      | Weekend housekeeping                                    |
| 09:30–10:30 | FE-2 | Physical exercise (TVIS)                                |
| 09:30–09:40 | FE-1 | Inspection of ???-1 separator                           |
| 09:40–10:20 |      | Maintenance of ???                                      |
| 10:30–12:00 | FE-2 | Physical exercise (RED)                                 |
| 11:55–12:10 | CDR  | Regeneration of ? 1 absorption cartridge in ??? (end)   |
| 12:10–13:10 |      | LUNCH   |
| 13:20–13:31 | CDR  | Prep for videoconference (setup test)                   |
| 13:31–13:38 |      | ISS/MCC videoconference (private family conference)     |
| 14:05–14:35 |      | Daily planning conference ( <i>S-band</i> )             |
| 14:35–14:50 | FE-2 | Increment 4 payload status check                        |
| 15:05–16:05 | FE-1 | Physical exercise (TVIS)                                |
| 15:05–15:20 | CDR  | Regeneration of ? 2 absorption cartridge in ??? (start) |
| 15:50–16:05 | FE-2 | Private psychological conference ( <i>S-band</i> )      |
| 16:05–16:20 | FE-1 |   |
| 16:20–17:50 |      | Physical exercise (RED)                                 |
| 16:45–16:50 | CDR  | ?? counter data (???)                                   |
| 16:50–16:55 |      | ??? inventory check                                     |
| 18:15–18:30 | FE-1 | Private family conference ( <i>S-band</i> )             |
| 18:55–19:10 | FE-2 |   |
| 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. CDR: restart Laptops 1(2), 3 and Wiener Power every morning prior to all other activities

End of radiogram