

**Crew Rest**

GMT	Crew	Activity
23:30–23:40		Morning inspection
23:40–00:10		Post-sleep
00:10–01:00		BREAKFAST
01:00–01:10	FE-1	EMU power source charge (init)
01:00–01:15	FE-2	Private medical conference ( <i>S-band</i> )
01:00–04:00	CDR	Weekly housecleaning
01:10–03:00	FE-1	
01:15–04:00	FE-2	
03:00–04:00	FE-1	Physical exercise (TVIS)
04:00–05:00	FE-2	Physical exercise (VELO+Load Trainer-1 / day 2)
04:00–05:30	CDR	Physical exercise (TVIS-2)
	FE-1	RED cable replacement
05:30–06:30		LUNCH
06:30–07:30	FE-1	Weekly housecleaning
07:15–07:20	FE-2	Calldown of CΠ counter status ( <i>S-band</i> )
07:20–07:25		Calldown of CBO water supply status ( <i>S-band</i> )
07:25–07:40		Private family conference TV MCC-ISS-MCC ( <i>KU+S-band</i> )
07:30–08:10	FE-1	Transfer of TVIS/RED/CVIS files to MEC
07:40–08:20	FE-2	Maintenance of COЖ
08:10–08:20	FE-1	Payload status check
08:25–09:55	FE-2	Physical exercise (TVIS-2)
08:25–09:25	CDR	Physical exercise (VELO+Load Trainer-1 / day 2)
08:55–09:10	FE-1	Private psychological conference TV MCC-ISS-MCC ( <i>KU+S-band</i> )
09:10–09:25		Private family conference TV MCC-ISS-MCC ( <i>KU+S-band</i> )
09:25–09:40	CDR	
09:55–10:00	FE-1	Battery charge (120V)
10:30–10:45		Daily planning conference ( <i>S-band</i> )
10:45–11:00		Daily food prep
11:00–11:30		DINNER
11:30–12:30		Pre-sleep
12:30–21:00		SLEEP

**Note:**

1. See OSTP for references to US activities

2. TASK LIST : CDR : URAGAN Orbit 1378/03 11:30:30 Czech Republic  
Orbit 1379/04 12:50 Dresden

End of radiogram