

**REST**

GMT	CREW	ACTIVITY
06:00-06:10	.	Morning inspection
06:10-06:40		Post-sleep
06:40-07:30		BREAKFAST
08:15-08:55	FE -2	COX maintenance
08:15-08:25	FE -1	EVARM - reader activation
08:40-08:55		EVARM - pre EVA background read
08:55-09:05		Daily payload status check
09:55-10:00		HAM radio setup
10:00-10:15		HAM radio pass
10:30-12:00		Physical exercise RED
11:00-12:00	FE -2	Physical exercise (TVIS, day 2)
11:30-12:30	CDR	Physical exercise (VELO + Load Trainer 1, day 2)
12:00-13:00	FE -1	Physical exercise (CEVIS)
12:00-12:30	FE -2	Physical exercise (Active Rest)
12:45-13:30	CDR, FE -2	Conference with Moscow Region Governor Mr. Gromov (S+Ku-band)
13:30-14:30	.	LUNCH
16:25-16:45	CDR	<b>on MCC Go</b> ISS Repress with O2 from Progress CP7K
16:45-17:45		Physical exercise (TVIS, day 2)
17:15-18:15	FE -2	Physical exercise (VELO + Load Trainer 1, day 2)
17:45-18:15	CDR	Physical exercise (Active Rest)
18:15-18:45	.	Daily plan review
18:45-19:15		Work prep
19:15-19:30		Daily planning conference ( <i>S-band</i> )
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.

End of radiogram