Crew rest

GMT	CREW	ACTIVITY
06:30-06:40		Morning inspection
06:40-07:10		Post-sleep
07:10-08:00		BREAKFAST
08:00-11:00		Weekly housekeeping
11:00-11:15	FE-1	Rebooting all PCS (once a week)
11:00-12:30	CDR	Physical exercise (TVIS+RED), day 3
11:15-12:15	FE-1	Physical exercise (CEVIS)
12:15-12:30		EarthKAM – begin battery charge
12:30-13:30		LUNCH
13:30-13:40	CDR	VTR heads cleaning
	FE-1	Food questionnaire
13:40-14:10		Weekly planning conference (S-band)
14:10-14:25	FE-1	SSC laptop return to nominal config
14:25-14:30		SSC OCA reboot
14:50-16:20		Physical exercise (RED)
16:20-16:25		EarthKAM - battery charge terminate
16:25-16:55		Maintenance work area relocate
16:50-17:50	CDR	Physical Exercise (VELO+Load Trainer-1), Day 3
16:55-17:25	FE-1	Setting up equipment for capillary flow experiments
17:25-17:35		BSA charge terminate
17:35-20:15		Capillary flow experiments – contact line – test operation
17:50-18:20	CDR	СОЖ maintenance (Inspection of БРПК separator)
18:40-18:50		Installing Orlan 825M3 unit 1 No.1267830131 (009679R, ΦΓБ1ΠΓΟ_4_408_1 in white bag 249-2) for charging and start unit 1 charging
19:30-20:00		DINNER
20:00-20:30		Daily food prep
20:15-20:30	FE-1	DINNER
20:30-21:30		Pre-sleep
21:30-06:00		SLEEP
Task List	CDR	Copy data from the Payload Server [БСПН] to a flash card via ISS WIENER

Note: See OSTP for references to US activities. End of Radiogram