

**R E S T**

GMT	CREW	ACTIVITY
06:00-06:10	.	Morning inspection
06:10-06:40		Post-sleep
06:40-07:30		BREAKFAST
07:30-07:35	FE-1	PLANTS-2. Payload status check
07:35-07:50		Conference with Patriarch ( <i>VHF</i> )
07:55-08:00		Turn switch on CT-64 (current stabilizer) into position "коды" (codes)
08:00-08:30		COЖ maintenance
09:00-10:00	FE-2	EXERCISE (CEVIS)
10:00-11:30		EXERCISE (RED)
10:30-11:30	CDR	EXERCISE (CEVIS)
	FE-1	EXERCISE (TVIS) 4
11:40-11:55	.	ISS Program Office conference with the crew ( <i>S-band</i> )
12:30-13:30		LUNCH
13:30-14:00		Weekly planning conference ( <i>S-band</i> )
14:00-14:05	FE-2	IMS file ops
14:05-17:05	.	Weekly housekeeping
18:00-19:30	FE-1	EXERCISE (TVIS) 4
	CDR	EXERCISE (RED)
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.  
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