

**Crew 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	CDR	Life support ( ? ? ? ) maintenance
09:00–10:30	FE-2	Physical exercise (RED)
09:30–10:30	FE-1	Physical exercise (CEVIS)
09:40–10:40	CDR	Physical exercise TVIS (active rest)
10:30–12:00	FE-1	Physical exercise (RED)
10:30–11:30	FE-2	Physical exercise (CEVIS)
12:30–13:30		LUNCH
13:30–13:45	FE-2	UF1 payload status check
13:45–14:05	CDR	TV downlink: GTS Electronics Module recorded 03.06.02, oxidizer & fuel line purge recorded 03.15.02)
14:15–14:45		Weekly planning conference (S-band)
15:20–15:40	CDR	TV downlink: KOLIBRI satellite installation recorded 03.17.02
16:00–16:15	FE-2	Private family conference (S-band)
16:45–18:15	CDR	Physical exercise VELO+RED (active rest)
18:15–18:45		Daily plan review
18:45–19:00		Daily planning conference (S-band)
19:00–19:30		Prep for work
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. Task List activity: SPC

End of radiogram