

**CREW REST**

GMT	CREW	ACTIVITY
16:00-16:10		Morning inspection
16:10-16:40		Post-sleep
16:40-17:30		BREAKFAST
17:30-20:00	FE-1, FE-2	Weekly station cleanup
17:30-18:45	CDR	
18:45-19:00		Private psychological conference (YKB)
19:00-20:00		Weekly station cleanup
20:00-21:30		Physical exercise (TVIS + Active Rest, day 1)
20:20-20:35	FE-2	Private psychological conference (YKB)
21:00-22:00		Physical exercise (TVIS, day 1)
22:00-23:00		LUNCH
23:00-23:40	FE-2	COX maintenance
00:30-02:00		Physical exercise (TVIS + Active Rest, day 1)
01:30-02:30	CDR	Physical exercise (TVIS, day 1)
05:30-06:00		DINNER
06:00-06:30		Daily food prep
06:30-07:30		Pre-sleep
07:30-16:00		SLEEP

**Note:**

1. See OSTP for references to US activities.
2. Task List: CDR (15 min): "URAGAN"
3. Task List: CDR (30 min): "DIATOMEA"

End of radiogram