Crew Rest.

GMT	Crew	Activity / ODF or R/G
06:00 - 06:10		Morning inspection
06:10 - 06:40		Post-sleep
06:40 - 07:30		Breakfast
07:30 - 08:10	CDR	??? maintenance
08:10 - 08:30	CDR	ISS O2 repress from ???????? (on MCC go) / SM ????? para. 3.7, page 3-2 and 3-3
08:55 - 09:10	CDR	PMC (psychol.)
09:00 - 10:30	FE-1	Physical exercise (RED)
09:10 - 10:10	CDR	Physical exercise (CYCLE – 2)
09:25 - 09:50	FE-2	Check LAB payloads
10:10 - 10:45	CDR	URAGAN. Visual observation / R/G 1397
10:10 - 11:10	FE-2	Physical exercise (TVIS)
11:30 - 12:00		Weekly planning conference
12:35 - 13:30		LUNCH
13:30 - 13:45	CDR, FE-2	Inventory management comm / R/G 1398
13:50 - 15:50		Weekly station cleaning / ? ? book 1/para. 2.2.1 page 2-2
15:50 - 16:50	FE-1	Physical exercise (TVIS)
17:15 - 17:30	FE-2	PFC
17:40 - 19:10	FE-2	Physical exercise (RED)
18:00 - 18:30	CDR	Physical exercise (RED – 2)
18:30 - 19:30	CDR	Physical exercise (TVIS – 2)
19:30 - 20:00		Dinner
20:00 - 20:30		Daily food ration prep
20:30 - 21:30		Pre-sleep
21:30 - 06:00		SLEEP

End of Radiogram