

**CREW REST**

GMT	CREW	ACTIVITY
21:00-21:10		Morning inspection
21:10-21:40		Post-sleep
21:40-22:30		BREAKFAST
01:15-02:15	FE-2	Physical exercise (VELO + Load Trainer-1 / day 3)
01:15-02:45	CDR	Physical exercise (TVIS day 3)
01:35-02:15	FE-1	COX maintenance
03:15-04:15		LUNCH
04:15-04:30	FE-1	LAB CCAA switch
04:30-04:40		Payload status check
05:15-05:50		IMS file prep
05:35-05:55	FE-2	<b>On MCC GO:</b> ISS repress with O2 from Progress
05:55-06:05	FE-1	EMU power source charge (term)
06:05-06:10	CDR	Inspection of БРПК-2 separator
06:05-06:10	FE-2	Air conditioner system (CKB) fans inspection
06:05-07:05	FE-1	Physical exercise (TVIS)
07:05-07:10		TVIS Weekly maintenance
07:10-08:40		Physical exercise (RED)
07:55-09:15	FE-2	Physical exercise (TVIS day 3)
08:15-09:15	CDR	Physical exercise (VELO + Load Trainer-1 / day 3)
08:40-08:45	FE-1	Battery charge (120V)
08:45-09:15		Work prep
09:15-09:30		Daily planning conference ( <i>S-band</i> )
09:30-10:00		Daily food prep
10:00-10:30		DINNER
10:30-11:30		Pre-sleep
11:30-20:00		SLEEP

**Note:** See OSTP for references to US activities

End of radiogram