

REST

GMT	Crew	Activity / <i>ODF or R/G</i>
07:30-07:40	.	Morning inspection
07:40-08:10	.	Personal hygiene (post-sleep)
08:10-09:00	.	BREAKFAST
09:00-09:10	CDR	Acoustic dosimeter ops <i>radiogram # 1593</i>
09:00-11:00	FE-1,FE-2	Weekly station housekeeping / ? ? <i>book 1 /item.2.2.1 p?. 2-2</i>
09:10- 11:00	CDR	
11:00-11:40	CDR	ICCLS system maintenance
11:20-11:35	FE-1	LAB payload status check and monitoring
11:40-12:20	CDR	Resuming condensate pumping from ? ? ? -2 using manual pump. Consultation with a specialist.
13:00-14:30	FE-2	Physical exercise RED
13:00-14:00	CDR	Physical exercise TVIS according to the 2 nd day program
14:00-15:00	FE-1	Physical exercise TVIS
15:00-16:00	.	LUNCH
17:30-19:00	FE-1	Physical exercise RED
17:30-18:30	FE-2	Physical exercise TVIS
19:00-20:30	CDR	Physical exercise TVIS+RED according to the 2 nd day program
20:30-20:50	FE-2	Delta file downlink prep
21:00-21:30	.	Dinner
21:30-22:00	.	Daily food ration prep
22:00-23:00	.	Personal hygiene (pre-sleep)
23:00-07:30	.	Sleep

NOTE: see OSTP for references to US activities

End of radiogram