## **Crew Rest**

TIME	CREW	ACTIVITY
06:00-06:10		Morning inspection
06:10-06:40		Post-sleep
06:40-07:30		BREAKFAST
09:00-10:30	FE-1	Physical exercise (RED)
09:30-10:30	FE-2	Physical exercise (TVIS)
10:20-10:40	CDR	Urine receptacle (??) and ?-? replacement
10:30-11:30	FE-1	Physical exercise (TVIS)
10:30-12:00	FE-2	Physical exercise (RED)
10:45-10:50	CDR	????-1 separator inspection
10:50-11:30		??? maintenance
11:30-12:30		Physical exercise (TVIS): active rest
12:05-12:30	FE-2	Increment 4 daily P/L status check
12:30-13:30		LUNCH
14:00-14:30		Weekly planning conference (S-band)
14:30-16:30	FE-1, FE-2 Week	Weekly station cleaning
14:30-15:55	CDR	
15:55-16:10		??? cartridge filter 1 regeneration mode (init)
16:10-16:30		Weekly station cleaning
16:35-16:45		ISS-4/CB conference (S-band)
16:45-18:15	CDR	Physical exercise (VELO+RED): active rest
18:00-18:15	FE-1	Private family conference (Ku- and S-band)
18:25-18:40	FE-2	
18:55-19:20		TV S/G: Greetings to the conference on "Prospects for Conservation and Development of Unitary Planetary Civilization " (? <sub>0</sub> =18:50, ? <sub>1</sub> -? <sub>3</sub> activated via ???)
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. CDR: ?33-2

## End of radiogram