

Crew Rest

GMT	Crew	Activity
08:00–08:10		Morning inspection
08:10–08:40		Post-sleep
08:40–09:30		BREAKFAST
09:30–12:30	FE-1, FE-2	Wet cleanup
09:30–09:35	CDR	PLANTS-2: payload status
09:35–12:30		Wet cleanup
12:45–13:00	CDR, FE-2	Tagup w/ physical training specialist
13:00–14:30	CDR	Physical exercise (TVIS + active rest / day 3)
13:30–14:30	FE-2	Physical exercise (VELO + Load Trainer 1 / day 3)
14:30–15:30		LUNCH
15:30–16:10	FE-2	Maintenance of COЖ
15:30–15:40	CDR	CO2 filter unit R&R
	CDR, FE-1	Daily payload status check
15:40–15:55	FE-1	Private family conference
19:00–20:30		Physical exercise (RED)
19:30–21:00	FE-2	Physical exercise (TVIS + active rest / day 3)
20:30–21:30	CDR	Physical exercise (TVIS-3)
	FE-1	Physical exercise (CEVIS)
21:30–22:00		DINNER
22:00–22:30		Daily food prep
22:30–23:30		Pre-sleep
23:30–08:00		SLEEP

NOTE:

1. See OSTP for references to US ODF
2. Tack List: URAGAN Earth observations
DIATOMEA
LSO

End of radiogram