

CREW REST

GMT	CREW	ACTIVITY
06:00-06:10	.	Morning inspection
06:10-06:40	.	Post-sleep
06:40-07:30	.	BREAKFAST
07:30-10:30	.	Weekly ISS cleanup
10:30-12:00	FE-1	Physical exercise (RED)
10:30-11:30	CDR	Physical exercise (TVIS), day 2
12:00-13:00	FE-1	Physical exercise (TVIS)
12:00-13:00	FE-2	Physical exercise (VELO + Load Trainer 1), day 2
12:20-13:00	CDR	COX maintenance
13:00-14:00	.	LUNCH
14:00-14:10	FE-1	Daily payload status check
14:10-14:40	.	Weekly planning conference (<i>S-band</i>)
14:40-15:40	FE-2	Replacement of urine receptacle and filter insert in ACY (toilet)
15:15-15:35	FE-1	Transfer of TVIS/RED/CVIS data to MEC
16:30-17:30	CDR	Physical exercise (TVIS, day 2)
17:30-18:00	CDR	Physical exercise (Active Rest)
18:00-19:00	FE-2	Physical exercise (TVIS, day 2)
19:00-19:30	FE-2	Physical exercise (Active Rest)
19:00-19:20	CDR	ISS Repress with O2 from Progress CПK (On MCC Go)
19:30-20:00	.	DINNER
20:00-20:30	.	Daily food prep
20:30-21:30	.	Pre-sleep
21:30-06:00	.	SLEEP

Note: 1. See OSTP for references to US activities.

2. Task List: **Uragan**
Diatomea
HDTV

End of radiogram