

**Crew Rest. Weekly Housekeeping. TV PAO.**

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 housekeeping
10:35-11:35	FE-1	Physical exercise (VELO + Force Loader/ cycle 1) day 1
12:10-12:25		PFC ( <i>VHF – home telephone</i> )
12:30-13:30		LUNCH
13:45-14:15		Weekly Planning Conference ( <i>S-band</i> )
14:20-15:00	FE-1	PAO prep: greetings to Space Park
14:40-15:00	CDR (assist)	
15:00-15:30		<b>TB PAO:</b> opening of Space Park (Bremen) ( <b>To=15.01, T1, T2, T3 from СПП (automated daily timeline)</b> )
16:00-16:15	CDR	PFC ( <i>S-band</i> )
16:25-16:55	FE-1	COЖ maintenance
16:55-18:10	CDR	Physical exercise (RED)
16:55-18:25	FE-1	Physical exercise (TVIS) day 1
18:10-19:10	CDR	Physical exercise (CEVIS)
19:10-19:25		Questionnaire: log entry
19:30-20:00		DINNER (Renal: pill ingestion)
20:00-20:30		Daily food prep
20:30-21:30		Pre-sleep
21:30-06:00		SLEEP
<b>Task List</b>	FE-1	Equipment search
		PULSE /

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