

**Crew Rest**

GMT	Crew	Activity
06:00–06:10		Morning inspection
06:10–06:40		Post-sleep
06:40–07:30		BREAKFAST
09:20–09:35	CDR	Private family conference ( <i>S-band</i> )
10:10–10:15		Inspection of ???-1 sepatator
10:15–10:20		Calldown of ??? water supply data
10:20–10:25		Calldown of ?? counter data
10:40–11:10		Maintenance of ???
11:10–12:10		Physical exercise (TVIS-1)
12:10–12:40		Weekly planning conference ( <i>S-band</i> )
12:40–13:40		LUNCH
13:50–14:05	FE-1	Private psychological conference ( <i>S-band</i> )
14:15–14:30	FE-2	
14:50–15:50		Physical exercise (TVIS)
15:50–17:20	Physical exercise (IRED)	
15:50–16:30	CDR	IMS file prep
15:55–16:10	FE-1	Private family conference ( <i>S-band</i> )
16:30–18:00	CDR	Physical exercise (???? +RED)-1
17:00–18:00	FE-1	Physical exercise (TVIS)
17:20–17:35	FE-2	Private family conference ( <i>S-band</i> )
18:00–19:30	FE-1	Physical exercise (IRED)
19:05–19:30	FE-2	Payload status check
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. CDR: DIATOMEA ocean observations, URAGAN Earth observations

End of radiogram