

Crew Rest

GMT	Crew	Activity
06:00–06:10		Morning inspection
06:10–06:40		Personal hygiene (post-sleep)
06:40–07:30		BREAKFAST
08:15–08:30	FE-2	Payload status check
08:30–09:10	FE-1	Maintenance of ? ? ?
08:30–08:35	CDR	Calldown of ? ? counter data
08:35–08:40		Calldown of ? ? ? data
09:05–09:20		Private family conference (<i>S-band</i>)
10:00–11:00	FE-1	Physical exercise (TVIS)
11:00–12:30		Physical exercise (RED)
12:30–13:30		LUNCH
14:35–15:35	FE-2	Physical exercise (TVIS)
15:35–17:05		Physical exercise (RED)
17:25–17:40		Private family conference (<i>S-band</i>)
17:45–18:00		Daily planning conference (<i>S-band</i>)
18:10–18:20		Prep for PAO TV event
18:20–18:40		PAO TV: Greeting participants of 30 th National COSMOS Competition
18:40–19:00		Daily plan review
19:00–19:10	FE-1	Work prep
19:00–19:30	FE-2, CDR	Work prep
19:10–19:25	FE-1	Private family conference (<i>S-band</i>)
19:30–20:00		DINNER
20:00–20:30		Daily food prep
20:30–21:30		Personal hygiene (pre-sleep)
21:30–06:00		SLEEP

NOTES: See OSTP for references to US activities

End of radiogram