

**Crew Rest**

GMT	Crew	Activity / <i>ODF or R/G</i>
06:00–06:10		Morning inspection
06:10–06:40		Post-sleep
06:40–07:30		BREAKFAST
07:30–07:40	PLT	Inspect ÁÐÏÊ-1 separator
12:38–12:43	FE-1	Downlink ÑÏ counter data
12:43–12:48	FE-1	Downlink ÑÂÎ data
13:00–14:00		LUNCH
14:10–14:25	FE-1	Private psychological conference
14:44–15:00	CDR	Private family conference via OCA
15:45–15:55	FE-1	Packet transmission via Regul
15:45–16:00	PLT	Private psychological conference
18:15–18:45		Review plan for the next day
18:50–19:05		Daily planning conference (evening)
19:30–20:00		DINNER
20:00–20:30		Daily food ration prep
20:30–21:30		Pre-sleep
21:30–06:00		SLEEP

End of radiogram