

Crew Rest

| GMT | Crew | Activity / <i>ODF or R/G</i> |
|-------------|------|---|
| 09:00–09:10 | | Morning inspection |
| 09:10–09:40 | | Personal hygiene (post-sleep) |
| 09:40–10:30 | | BREAKFAST |
| 10:30–12:30 | | Weekly station cleanup / <i>MO Vol. 1, item 2.2.1, page 2-2</i> |
| 12:30–13:10 | CDR | Maintenance of ??? |
| 13:05–14:05 | FE-1 | Physical exercise (TVIS) |
| 14:00–15:30 | FE-2 | Physical exercise (RED) |
| 14:35–15:00 | FE-1 | LAB payload status monitoring |
| 15:00–15:30 | CDR | DIATOMEA: study of the World Ocean / <i>r/g 1477</i> |
| 15:30–16:30 | | LUNCH |
| 16:30–16:45 | FE-2 | PRIVATE FAMILY CONFERENCE |
| 18:00–20:30 | CDR | Physical exercise (TVIS+cycle-2) |
| 20:30–22:00 | FE-1 | Physical exercise (RED) |
| 22:00–23:00 | FE-2 | Physical exercise (TVIS) |
| 00:30–01:00 | | DINNER |
| 01:00–01:30 | | Daily food ration prep |
| 01:30–02:30 | | Personal hygiene (pre-sleep) |
| 02:30–11:00 | | SLEEP |

End of radiogram