

Crew Rest

GMT	Crew	Activity / <i>ODF or R/G</i>
06:00–06:10		Morning inspection
06:10–06:40		Personal hygiene (post-sleep)
06:40–07:30		BREAKFAST
09:00–10:00	CDR	Physical exercise (TVIS)
09:40–09:50	FE-1	Downlink of ?? counter and ??? data
10:00–11:30	CDR	Physical exercise (RED)
10:05–10:35	PLT, FE-1	Conference w/ EVA procedures officer (S-band)
11:05–11:45	PLT	Maintenance of ???
11:45–11:55	PLT	Inspection of ???-1 separator
12:05–12:30	CDR	LAB payload daily status check
12:30–13:30		LUNCH
13:30–13:35	CDR	Routing DCP cable in LAB
13:35–14:35		SSRMS: DOUG startup and procedure review for 10.08.2001
14:30–14:45	PLT	Private medical conference
14:45–15:00	FE-1	Private medical conference
15:00–15:15		Activation of Soyuz ??? and transfer of single-use urine collector / <i>RODF</i> <i>????????? ? ????? (Ascent and Re-entry), item 4, page 60</i>
15:07–15:22	CDR	Private family conference
15:25–15:40		Private psychological support conference
16:00–16:30		Reviewing plan for the next day
16:30–16:45		Daily planning conference
16:45–17:30		Work prep
17:30–17:45	CDR	Daily food ration prep + <i>r/g 2004u, step 4</i>
17:30–18:00	PLT, FE-1	Daily food ration prep
18:00–18:30		DINNER
18:30–19:30		Personal hygiene (pre-sleep)
19:30–05:10		SLEEP

Note: see OSTP for references to US activities

End of radiogram