

**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		Calldown of ?? counter data
08:35–08:40	CDR	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		Physical exercise (TVIS)
15:35–17:05	FE-2	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 <sup>th</sup> 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