

**Crew Rest**

GMT	Crew	Activity
06:00–06:10		Morning inspection
06:10–06:40		Post-sleep
06:40–07:30		BREAKFAST
07:30–08:00		Work prep
08:10–08:25		Daily planning conference ( <i>S-band</i> )
08:25–08:40	FE-1	Pre-EVA activation of Soyuz ???
08:25–08:40	FE-2	Removal of RED gimbal assembly
08:40–09:20	FE-1	Maintenance of ???
09:00–10:30	CDR	Physical exercise (active rest)
09:15–09:30	FE-2	Grab Sample Container (GSP) ops
09:20–09:30	FE-1	Inspection of ???-1 separator
09:30–10:30	FE-2	Physical exercise (TVIS)
09:30–09:45	FE-1	Increment 4 payload status check
09:45–10:35		INTERACTIONS: data entry and backup (FE-1)
10:30–12:00	FE-2	Physical exercise (RED)
10:35–11:35	FE-1	Physical exercise (TVIS)
10:40–10:55	CDR	Pre-EVA private medical conference ( <i>S-band</i> )
12:00–12:15	FE-2	Private family conference ( <i>S-band</i> )
12:15–13:00		LUNCH
13:00–14:00		EVA timeline review. Tagup with ground specialists
14:00–14:30	FE-1	IV crew food prep
14:30–15:40		Physical exercise (RED)
14:30–15:30	CDR	Physical exercise
16:00–16:10		Prep for PAO TV event
16:10–16:30		Addressing participants of the 30 <sup>th</sup> National COSMOS Competition at MCC-M FCR
16:30–16:55	FE-1	IMS delta file prep
16:55–17:00		SSRMS RWS test activation
17:00–17:45		SSRMS maneuver to EVA viewing
17:00–17:15	FE-2	Pre-EVA private medical conference ( <i>S-band</i> )
17:45–18:15	FE-1	Transfer of TVIS/IREM data to MEC
18:15–18:45		Daily plan review
18:45–19:00		Daily planning conference ( <i>S-band</i> )
19:00–19:30		Report prep
19:30–20:00		Daily food prep
20:00–20:30		DINNER
20:30–21:30		Pre-sleep
21:30–07:30		SLEEP

Notes: 1. 06:02 -06:17 (CDR): URAGAN Earth observations

2. See OSTP for references to US activities

End of radiogram