

**Crew rest. Weekly ISS cleanup.**

<b>TIME</b>	<b>CREW</b>	<b>ACTIVITIES</b>
06:00-06:10		ISS morning inspection
06:10-06:40		Post-sleep
06:40-07:30		Breakfast
07:30-07:40	FE-1	????-1 separator inspection
07:40-07:55		Increment 4 payload status checkup
09:00-11:00		Weekly station cleanup
11:00-11:15	CDR	Private psychological conference ( <i>S-band</i> )
11:15-12:15		PHYSICAL EXERCISE (CYCLE ERGOMETER-2)
12:30-13:30		Lunch
13:30-14:00		Weekly planning conference ( <i>S-band</i> )
14:00-14:40	FE-2	??? maintenance
14:00-14:35	CDR	HURRICANE (URAGAN). Video downlink from RUBINAR equipment via LIV switching unit
15:00-16:30	FE-1	PHYSICAL EXERCISE (RED)
15:30-16:30	FE-2	PHYSICAL EXERCISE (CEVIS)
15:35-16:10	CDR	HURRICANE (URAGAN). Video downlink from RUBINAR equipment via LIV switching unit
16:30-17:30	FE-1	PHYSICAL EXERCISE (CEVIS)
16:30-18:00	FE-2	PHYSICAL EXERCISE (RED)
17:00-18:30	CDR	PHYSICAL EXERCISE (TVIS+IRED)-2
19:30-20:00		Dinner
20:00-20:30		Daily food ration prep
20:30-21:30		Pre-sleep
21:30-06:00		Sleep

Note: see missing US activity references in OSTP.

End of radiogram