

**Crew Rest**

| GMT         | Crew | Activity  |
|-------------|------|---|
| 06:00–06:10 |      | Morning inspection                                      |
| 06:10–06:40 |      | Post-sleep  |
| 06:40–07:30 |      | BREAKFAST   |
| 07:50–08:00 | CDR  | Gas Analyzer ??0501 check using ??3                     |
| 08:00–10:00 |      | Weekend housekeeping                                    |
| 10:00–10:15 | CDR  | Regeneration of ? 1 absorption cartridge in ??? (end)   |
| 10:30–10:45 | FE-1 | Increment 4 payload status check                        |
| 10:15–11:40 | CDR  | Physical exercise (TVIS+IREDD day 2)                    |
| 11:40–11:55 |      | Private psychological support conference                |
| 12:00–13:00 |      | LUNCH   |
| 14:20–14:45 |      | Weekly planning conference ( <i>S-band</i> )            |
| 14:45–15:00 | CDR  | Regeneration of ? 2 absorption cartridge in ??? (start) |
| 14:50–15:20 | FE-1 | Maintenance of ???                                      |
| 15:00–16:05 | CDR  | Physical exercise (cycle-2)                             |
| 16:05–17:35 | FE-2 | Physical exercise (RED)                                 |
| 16:35–17:35 | FE-1 | Physical exercise (CEVIS)                               |
| 17:00–17:10 | CDR  | Gas Analyzer ??0501 check using ??3                     |
| 17:35–18:35 | FE-2 | Physical exercise (CEVIS)                               |
| 17:35–19:05 | FE-1 | Physical exercise (RED)                                 |
| 19:30–20:00 |      | DINNER  |
| 20:00–20:30 |      | Daily food prep   |
| 20:30–21:30 |      | Pre-sleep   |
| 21:30–06:00 |      | SLEEP   |

Notes: See OSTP for references to US activities  
CDR: HDTV

End of radiogram