

**CREW REST**

GMT	Crew	Activity / <i>ODF or R/G</i>
06:00–06:10		Morning inspection
06:10–06:40		Post-sleep
06:40–07:30		BREAKFAST
07:30–08:00		Work prep
08:00–08:15		Daily planning conference
08:20–10:20		Weekly station cleanup
10:30–10:35	FE-1	Increment_2_US_SODF;Environmental Control Group:ECLSS:Nominal:THC:2.505 CCAA Heat Exchanger Dryout for Microbial Control; <i>steps 1-3</i>
10:50–10:55	FE-1	Increment_2_US_SODF;Environmental Control Group:ECLSS:Nominal:THC:2.505 CCAA Heat Exchanger Dryout for Microbial Control; <i>step 8</i>
10:20–10:30	FE-2	Bonner Ball: daily status check / <i>Daily Status Check Matrix: Daily Status Check Matrix: HRF/BBND</i>
10:30–12:00	CDR	Physical exercise (IRED-2)
11:00–12:00	FE-2	Physical exercise (cycle)
12:10–13:10		LUNCH
13:10–13:50	CDR	??? maintenance / <b>special MCC directive</b>
14:00–14:15		Weekly planning conference
14:15-14:45	CDR	Setup SCOPEMETR to test SM solar array generator No. 3 / <i>r/g 373</i>
14:40–16:10	FE-2	Physical exercise (IRED)
15:00–16:00	FE-1	Physical exercise (cycle)
16:25–17:10		S-Band conference with the head of the Astronauts Office
17:15–18:45	FE-1	Physical exercise (IRED)
17:30–18:30	CDR	Physical exercise (cycle-2)
18:45–19:15		Review plan for the next day
19:15–19:30		Daily planning conference
19:30–20:00		DINNER
20:00–20:30		Daily food ration prep
20:30–21:30		Pre-sleep
21:30–06:00		SLEEP

## NOTES:

Changeout of CWC for Elektron, ???-? (RODF ??? item 4.1.6.4, page 4-5R), ???-C? (??? item 4.1.6.3, page 4-5, item 2.2.4, option 2).

Repress ISS cabin with O2 from Progress ???? ??? **on special MCC directive.**

End of radiogram