

REST

06:00 - 06:10		Morning inspection	
06:10 - 06:40		Post-sleep	
06:40 - 07:30		Breakfast	
07:30 - 09:30		Weekly station cleanup	MO Book 1 / p. 2-2, item 2.2.1
09:30 - 09:50	PILOT	Prepare to downlink delta file	
10:00 - 11:00	CDR	Physical exercise (TVIS)	
11:00 - 12:00	PILOT	Physical exercise (Velo-2)	
11:00 - 12:00	FE-1-1	Physical exercise (TVIS-2)	
12:00 - 13:30		Lunch	
17:30 - 18:30	CDR	Physical exercise (Velo)	
18:30 - 19:30	FE-1-1	Physical exercise (Velo-2)	
18:30 - 19:30	PILOT	Physical exercise (TVIS-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	

end of radiogram