

## REST

06:00	06:10		Morning inspection of the station
06:10	06:40		Post-sleep
06:40	07:30		Breakfast
09:20	09:25	FE-1	CBO data d/l r/g # 28 dated 11/04/00
09:25	09:30	FE-1	Ñ Ñ counter reading d/l r/g # 28 dated 11/04/00
12:25	12:40	FE-1	PFC
12:40	14:00		Lunch
14:00	14:15	Pilot	PFC
14:10	14:25	CDR	PFC POC NOMINAL: OPS
			LAN: 2.202 Early Comm Video Teleconference;
18:05	18:35		Fam with the next day program
18:35	18:50		Daily evening planning conference
19:30	20:00		Dinner
20:00	20:30		Prep food daily ration
20:30	21:30		Pre-sleep
21:30	06:00		Sleep

End of r/g