

## Crew rest.

06:00 - 06:10		Morning inspection		
06:10 - 06:40		Post-sleep		
06:40 - 07:30		Breakfast		
07:30 - 07:40	PILOT	Charge Camcorder battery	SM ÀÀÀ ODF	p. 2-2, item 2.2
09:02 - 09:32	PILOT	Downlink data after measurements in SM with Russian sound level meter ("Shumomer")	SM ÀÀÀ ODF	pp. 2-5 to 2-6, item 2.4
10:50 - 11:10		TV report.		
11:10 - 12:40	FE-1	Physical exercise (TVIS-2)		
11:40 - 12:40	CDR	Physical exercise (IRED)		
12:10 - 12:40	PILOT	Physical exercise (active rest)		
12:40 - 14:10		Lunch		
14:10 - 16:10		Weekly station cleanup	MedOps Book 1,	p. 2-2, item 2.2.1
17:00 - 18:00	CDR	Physical exercise (TVIS)		
18:00 - 19:30	PILOT	Physical exercise (TVIS-2)		
19:00 - 19:30	FE-1	Physical exercise (active rest)		
19:30 - 20:00		Dinner		
20:00 - 20:30		Daily food ration prep		
20:29 - 21:29		Pre-sleep		
21:30 - 06:00		Sleep		

end of radiogram