

**Crew Rest**

GMT	Crew	Activity / <i>ODF or R/G</i>
06:00–06:10		Morning inspection
06:10–06:40		Personal hygiene (post-sleep)
06:40–07:30		BREAKFAST
07:30–07:45	CDR	Finish regeneration of ? 2 absorption cartridge in ??? / <i>RODF ???? ??, item 7.3, pages 7-4--7-5, steps 2, 4</i>
08:30–10:30		Weekly station cleanup / <i>MO Vol. 1, item 2.2.1, page 2-2</i>
10:30–11:30	FE-1	Physical exercise (USOS plan)
10:30–12:00	FE-2	Physical exercise (USOS plan)
10:30–10:40	CDR	Inspection of ????-1 separator
10:40–11:20	CDR	??? maintenance / <i>Note 3</i>
12:00–13:00		LUNCH
13:00–13:10	FE-1	Bonner Ball clock check / <i>Daily Status Check Matrix: Daily Status Check Matrix: HRF/BBND</i>
13:10–13:30		ISS-2/STS-100 (6A) crew conference via S-band
13:44–14:14		WEEKLY PLANNING CONFERENCE
14:30–15:30	FE-2	Physical exercise (USOS plan)
14:30–16:00	FE-1	Physical exercise (USOS plan)
16:15–17:15	CDR	Physical exercise (cycle-2)
17:15–18:15	CDR	Physical exercise (IRED-2)
19:30–20:00		DINNER
20:00–20:30		Daily food ration prep
20:30–21:30		Personal hygiene (pre-sleep)
21:30–06:00		SLEEP

## NOTES:

Note 1: Activate Elektron **on MCC GO**.

Note 2: Release ? 2 from Progress-244 ???? system **on MCC GO**.

Note 3: Changeout CWC in Elektron, ???-?, and ???-C? water containers **on MCC GO**.

End of radiogram