

Crew rest.

TIME	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
07:30-07:45	FE-1	Regenerate ??? filter 1 (? 1) absorbing cartridge (finish) / <i>RODF SM ???? pp.7-4, 7-5 par.7.3 steps 2,3</i>
07:30-08:10	PLT	??? maintenance on MCC go
08:10-08:25	FE-1	Regenerate ??? filter 2 (? 2) absorbing cartridge (start) / <i>RODF SM ???? pp.7-3 par.7.3 step 1</i>
08:50-09:05	PLT	PFC (via S-band)
09:05-09:20	FE-1	PFC (via S-band)
09:20-09:30	FE-1	Downlink ??? and ???-? counter data
09:30-09:55	CDR	Daily US payload status check
12:30-13:30		Lunch
14:48-15:01	CDR	Private psychological conference (via S-band)
17:36-17:51	CDR	PFC (via S-band)
18:15-18:45		Report prep
18:45-19:15	PLT,FE-1	Review plan for following day
18:45-19:10	CDR	
19:10-19:15	CDR	Report carbon monoxide level delta
19:15-19:30		DPC (via S-band)
19:30-20:00		Dinner
20:00-20:30		Daily food ration prep
20:30-21:30		Pre sleep
21:30-06:00		Sleep

Note: See OSTP for missing procedure references for US activities.

End of R/G