

**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
08:00–08:15	FE-1	Regeneration of ? 1 absorption cartridge in ??? (end) / <i>???? ?? item 7.3, steps 2, 3, pages 7-4, 7-5</i>
08:00–08:40	PLT	Maintenance of ???
08:30–08:55	CDR	LAB payload daily status check
11:40–11:45	FE-1	Downlink of ?? counter data
11:45–11:50	FE-1	Downlink of ??? data
12:15–13:15		LUNCH
13:15–13:30	FE-1	Private family conference (TV ?-?)
14:50–15:02	PLT	
16:05–16:40		PAO TV event: addressing winners of quiz show at the Knowledge Festival in ??? / <i>r/g 1948</i>
17:00–17:25	CDR	Private family conference
17:25–17:40		Reviewing plan for the next day
17:40–17:55		Daily planning conference
17:55–18:25		Work prep
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

**Note:** see OSTP for references to US activities

End of radiogram