

Crew Rest

GMT	Crew	Activity and links to ODF or R/G
06:00–06:10		Morning inspection
06:10–06:40		Post-sleep
06:40–07:30		BREAKFAST
07:45–08:35	PLT	Monitor micro ecosphere /MO Vol. 2, items 4.1.2.4, 4.1.2.5, 4.1.2.7 pg. 4-7, 4-8
08:30–10:30	CDR	IA NA2 repair / ð/ã INA_1033
08:30–08:40	FE-1	Finish regeneration of O1 absorbent cartridge (A I I) / N I A N N I, item 7.3, pg. 7-4, steps 3, 5 Mode A I I to AUTO and report to MCC
09:00–10:00	FE-1, PLT	AA-3 maintenance / r/g 474
10:30–11:30	CDR	Physical exercise (TVIS)
11:30–12:00	CDR	Take pictures of the treadmill SLD cable / INA_949A item 10
12:00–13:00	CDR	Plant morphology: finishing operations / INA_869 step 7
11:30–13:00	FE-1	Physical exercise (TVIS-1)
12:00–13:00	PLT	Physical exercise (IRED-1)
13:00–14:00		LUNCH
14:00–14:30		Review plan for the next day
14:30–15:30	CDR	Audiosimeter repair / INA_949A item 11
15:24–15:42	CDR	Private medical conference via OCA
15:45–17:15	CDR	Physical exercise (IRED)
16:08–16:16	PLT	Private medical conference
16:25–17:55	PLT	Physical exercise (TVIS-1)
16:55–17:55	FE-1	Physical exercise (IRED-1)
17:55–18:10		Daily planning conference
19:10–19:30	FE-1	Charge power supply of the "Yêîñôâðâ" unit (configuration set-up) / r/g 438
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:

10:43,13:28,16:55	CDR	Earth observations (candidate activity)
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End of radiogram