

**Crew Rest**

<b>GMT</b>	<b>Crew</b>	<b>Activity and links to ODF or R/G</b>
06:00–06:10		Morning inspection
06:10–06:40		Post-sleep
06:40–07:30		BREAKFAST
07:30–09:30		Weekly station cleanup / MO Vol. 1, item 2.2.1, page 2-2
09:30–09:40	PLT	Inspect AĐ IĚ-1 separator
09:40–10:00	PLT	Recharge power supply of the "Ÿêîñôâðà" unit / r/g 438
10:30–11:30	CDR	Physical exercise (TVIS)
11:30–13:00	FE-1	Physical exercise (TVIS-2)
12:00–13:00	PLT	Physical exercise (IRED-2)
13:00–14:00		LUNCH
15:54–16:12	CDR	Private family conference via OCA
16:30–18:00	PLT	Physical exercise (TVIS-2)
16:33–16:46	FE-1	Private family conference
17:00–18:00	FE-1	Physical exercise (IRED-2)
18:00–19:30	CDR	Physical exercise (IRED)
18:07–18:22	PLT	Private family conference
19:30–20:00		DINNER
20:00–20:30		Daily food ration prep
20:30–21:30		Pre-sleep
21:30–06:00		SLEEP

End of radiogram