

**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
08:00–08:40	FE-1	??? maintenance / <i>Note 1</i>
09:25–09:35	CDR	Charge camcorder batteries / <i>RODF ??? ?? , page 2-2, item 2.2 / Note 2</i>
09:38–09:48	CDR	Downlink of ??? data and ?? counter data
09:48–09:58	CDR	??????: conference with ground experts
10:50–11:25	CDR	??????: Earth observations using ??? ??? ? (11:11:42-11:11:56 porthole ? 6) / <i>r/g 946 , 947</i>
11:00–11:10	FE-1	Bonner Ball clock check / <i>Daily Status Check Matrix: Daily Status Check Matrix: HRF/BBND</i>
11:35–12:35		LUNCH
12:35–12:50	CDR	??????: Earth observations (12:44:05-12:44:20) / <i>r/g 946 , 947 (crew discretion)</i>
14:04–14:19	FE-1	Private psychological conference via S-band
14:22–14:37	CDR	PRIVATE FAMILY CONFERENCE.TV event / <i>RODF ??? ?? , item 2.4, pages 2-5 through 2-6</i>
14:35–14:50	FE-2	Private psychological conference via S-band
15:49–16:04	CDR	PRIVATE PSYCHOLOGICAL CONFERENCE
16:07–16:22	FE-1	Private family conference via S-band
17:15–17:30	FE-2	
18:45–19:15		Review plan for the next day
19:15–19:30		Daily planning conference (evening)
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: Changeout of CWC in Elektron will be done on MCC GO. Changeout of ???-? and ???-C? will be done on MCC GO.

Note 2: Battery should be charged for at least two hours/

End of radiogram