

**Crew Rest**

GMT	Crew	Activity / <i>ODF or R/G</i>
09:30–09:40		Morning inspection
09:40–10:05	CDR	Personal hygiene (post-sleep)
09:40–10:10	FE-1, FE-2	
10:05–10:20	CDR	PRIVATE FAMILY CONFERENCE
10:10–11:00	FE-1, FE-2	BREAKFAST
10:20–11:00	CDR	
11:40–11:50	CDR	Downlink of ??? and ?? counter data
11:50–12:00	CDR	Inspection of ???-1 separator
11:55–12:15	FE-1	Checking on LAB payloads
12:00–12:40	CDR	Maintenance of ??? <b>on MCC GO</b> (changeout of CWC, ???-?, ???-C?)
13:00–13:15	FE-2	PRIVATE PSYCHOLOGICAL CONFERENCE
14:30–14:45	FE-1	
15:15–15:30	FE-1	PRIVATE FAMILY CONFERENCE
15:30–16:30		LUNCH
18:00–18:15	FE-2	PRIVATE FAMILY CONFERENCE
19:30–20:00		Dinner
20:00–20:30		Daily food ration prep
20:30–21:30		Personal hygiene (pre-sleep)
21:30		SLEEP

End of radiogram