## CREW REST

<table>
<thead>
<tr>
<th>GMT</th>
<th>CREW</th>
<th>ACTIVITY</th>
</tr>
</thead>
<tbody>
<tr>
<td>06:00-06:10</td>
<td></td>
<td>Morning inspection</td>
</tr>
<tr>
<td>06:10-06:40</td>
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<td>Post sleep</td>
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<tr>
<td>06:40-07:30</td>
<td></td>
<td>Breakfast</td>
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<tr>
<td>07:30-09:29</td>
<td></td>
<td>Weekly station clean-up</td>
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<tr>
<td>09.29-09.44</td>
<td></td>
<td>Weekly planning conference (VHF)</td>
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<td>09.44-10.45</td>
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<td>Weekly station clean-up</td>
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<tr>
<td>10:45-11:45</td>
<td>FE-1</td>
<td>Physical exercise TVIS</td>
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<tr>
<td>11:45-13:15</td>
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<td>Physical exercise RED</td>
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<tr>
<td>11:45-13:15</td>
<td>CDR</td>
<td>Physical exercise TVIS-1</td>
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<td>13:15-14:15</td>
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<td>Lunch</td>
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<td>14:50-15:20</td>
<td>CDR</td>
<td>[KAB] condensate sampling upstream gas-liquid mixture filter ФГС CPB-K2M – installation of separator (№209001) and sampler (№306007)</td>
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<tr>
<td>18:25-19:25</td>
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<td>Physical exercise TVIS-1</td>
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<td>19:25-19:30</td>
<td>FE-1</td>
<td>TVIS, RED and HRM data transfer to MEC</td>
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<tr>
<td>19:30-20:00</td>
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<td>Dinner</td>
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<td>20:00-20:30</td>
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<td>Daily food prep</td>
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<td>20:30-21:30</td>
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<td>Pre-sleep</td>
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<td>21:30-06:00</td>
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<td>Sleep</td>
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<td>Task list</td>
<td>CDR</td>
<td>ECON experiment imagery</td>
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<td></td>
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<td>Statokonia. Temperature monitoring with use of [APT]</td>
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<td>ETD</td>
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</tbody>
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End of r/g