

CREW OFF DUTY

TIME	CREW	ACTIVITY
06:00-06:05	CDR,FE-5	Biophosphate Ingestion
06:00-06:10	FE-4	Morning Inspection
06:00-06:05	FE-1	Inspection of Elektron-VM Aerosol Filters
06:00-06:05	FE-6	pH Urine Test
06:05-06:10	CDR, FE-1 ,FE-5	Morning Inspection
06:05-06:25	FE-6	HRF - Urine Sampling
06:10-06:40	CDR, FE-1 , FE-4 ,FE-5	Post-Sleep
06:25-06:35	FE-6	Sample Installation in MELFI
06:35-07:05	FE-6	Post-Sleep
06:40-07:35	CDR, FE-1 , FE-4 ,FE-5	Breakfast
07:05-07:55	FE-6	Breakfast
08:15-08:30	CDR	Servicing of Waste Water Tank in UPA from EDV
09:00-10:00	FE-6	Physical Exercise - T2
09:05-10:35	FE-1	Physical Exercise - TVIS Day 1
10:00-11:30	FE-6	Physical Exercise - ARED
10:30-11:30	CDR	Physical Exercise - T2
10:35-10:50	FE-1	Private Family Conference (<i>Ku+S-band</i>)
11:30-13:00	CDR	Physical Exercise - ARED
11:30-11:50	FE-6	HRF - Urine Sampling
11:35-11:50	FE-1,FE-4	Ham Radio Pass (Khabarovsk)
11:50-11:55	FE-6	Sample Installation in MELFI
12:15-12:30	FE-4	Private Family Conference (<i>Ku+S-band</i>)
13:00-14:00	.	Lunch
14:00-14:30	FE-1, FE-4	Video Filming Related to Belka and Strelka Cartoon
14:00-14:05	FE-6	Questionnaire.
14:05-14:25	FE-6	HRF - Urine Sampling
14:25-14:30	FE-6	Sample Installation in MELFI
14:30-14:45	FE-6	Tropism in Plants: Procedure Review
14:30-15:10	FE-1	COX.Maintenance <i>SRV-K2M Hose Inspection between Separation Membrane Filter and BRPK1 Separator. Usage Counter, SVO, SM and FGB Potok Data Downlink</i>
14:45-14:55	FE-6	Blood Sampling Hardware Setup
15:25-16:55	FE-5	Physical Exercise - ARED
15:30-17:00	FE-4	Physical Exercise - TVIS Day 2
16:25-16:40	FE-6	Private Family Conference (<i>Ku+S-band</i>)
16:55-17:55	FE-5	Physical Exercise - T2
17:00-18:00	FE-4	Physical Exercise - ARED
17:00-18:00	FE-1	Physical Exercise - TVIS Day 1
17:15-17:35	FE-6	HRF - Urine Sampling
17:30-17:40	CDR	Battery Installation into Holter

17:35-17:40	FE-6	Sample Installation in MELFI
18:00-18:05	FE-1	Inspection of Elektron-VM Aerosol Filters
18:15-18:45	.	Evening Work Prep
18:45-19:10	.	Daily Planning Conference (<i>S-band</i>)
19:10-19:30	.	Evening Work Prep
19:30-19:35	FE-5	Pre-Sleep
19:30-21:30	CDR, FE-1 , FE-4 ,FE-6	Pre-Sleep
19:35-19:50	FE-5	Private Family Conference (<i>Ku+S-band</i>)
19:50-21:30	FE-5	Pre-Sleep
21:30-06:00	.	Sleep
Task List	FE-1,FE-4	ISS21/22 Flight Photo and Video Documentation
		URAGAN. Observation and Imaging
		EKON. Observation and Imaging
		SEINER. Observation of Global Seas
	FE-1	Video Footage for TVTs TV Station
		PLANTS-2. Equipment Monitoring

Notes:

1. Open Window 9 cover at crew discretion w/**Report to MCC**
 2. Cf. OSTP for any missing references to US activities.
 3. Pre-Sleep: dinner, daily food prep, evening ablutions
- End of Radiogram