CREW OFF DUTY

GMT	CREW	ACTIVITY
06:00-06:10		Morning Inspection
06:10-06:40		Post-sleep
06:40-07:30	CDR, FE-1 , FE-4 ,FE-5, FE-6	BREAKFAST
06:40-07:30	FE-2	BREAKFAST. SM ITCC [Caution & Warning Panel] Test (after breakfast)
07:30-10:30	CDR,FE-5, FE-6	Weekly Housekeeping
07:30-10:30	FE-1,FE-2, FE-4	Weekly Housekeeping SM Ventilation Subsystem Preventive Maintenance, Group E FGB ЦВ2 Fan Cleaning БМП (Micropurification Unit) Fan Grille Cleaning
10:30-10:35	CDR	CGBA Status Check
10:35-11:35	CDR	Physical Exercise (CEVIS)
11:00-12:30	FE-1	Physical Exercise (TVIS), Day 1
11:35-13:05	CDR	Physical Exercise (ARED)
12:00-12:15	FE-4	Private Family Conference (Ku+S-band, S/G2, S/G1- backup)
12:30-13:30	FE-2	Physical Exercise (VELO), Day 1
13:30-13:40	FE-5	ROALD2 Removal Part 2
13:40-13:50	FE-5	Insertion of ROALD2 Samples into MELFI at -80 deg C
13:50-14:05	FE-5	Private Family Conference
13:50-14:50	CDR, FE-1 , FE-2 , FE-4 , FE-6	LUNCH
14:05-15:05	FE-5	LUNCH
14:50-15:30	FE-1	COЖ Maintenance. SM and FGB Flush Counter (СП), Water Supply System (SVO), POTOK Air Purification System Data Calldowns
15:50-16:05	CDR	Private Family Conference
16:00-16:15	FE-6	Pro K Urine PH Kit Locate
16:00-16:05	FE-5	Pro K Urine PH Kit Unstow
16:30-18:00	FE-2	Physical Exercise (TVIS), Day 1
16:35-16:45	CDR	FMK Stow
17:30-17:45	FE-5	Private Medical Conference
17:45-18:00	FE-6	Private Medical Conference
18:00-19:00	FE-1	Physical Exercise (VELO), Day 1
18:30-18:35	FE-5	Space Headaches - Daily Questionnaire
18:35-18:50	FE-6	Private Family Conference
19:30-21:30		Pre-sleep
21:30-06:00		SLEEP
Task List	FE-1,FE-2	Preparation of reports for Roskosmos site
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Notes:

1. SM Window #9 shutter opening is at crew discretion w/ Report to MCC

- 2. See OSTP for references to US activities
- 3. Pre-sleep ops: daily food prep, dinner, pre-sleep End of Radiogram