CREW OFF-DUTY

GMT	CREW	ACTIVITY
06:00-06:10		Morning Inspection
06:10-06:40		Post-sleep
06:40-07:30		BREAKFAST
09:00-10:15	FE-2	Physical Exercise (ARED)
10:15-11:30	FE-2	Physical Exercise (TVIS)
11:30-13:00	CDR	Physical Exercise (TVIS), day 4
13:00-14:00		LUNCH
14:00-14:10	FE-2	Potable Water Dispenser (PWD) Daily Ambient Flush
14:00-14:05	FE-1	BCAT-4 Camera Checkout
15:30-16:30	FE-1	Physical Exercise (TVIS)
15:30-16:30	CDR	Physical Exercise (ARED)
16:30-18:00	FE-1	Physical Exercise (ARED)
17:30-18:10	CDR	COЖ Maintenance. Flush Counter (СП), Water Supply System (СВО), POTOK Air Purification System Data Calldowns Inspection of CM-У connector on MHP-HC separator pump behind ACY panel 139
18:00-18:10	FE-1	Connecting Rack Umbilical
18:10-18:35		Evening Work Prep
18:35-18:50		Daily Planning Conference (S-band)
18:50-19:30	CDR	Evening Work Prep
18:50-19:10	FE-1,FE-2	
19:10-19:40	FE-1,FE-2	UPA Maintenance Conference (S-band)
19:30-21:30	CDR	Presleep (dinner, daily food prep, evening toilet)
19:40-21:30	FE-1	
19:40-20:45	FE-2	
20:45-21:00	FE-2	Private Family Conference (S+Ku-band)
21:00-21:30	FE-2	Presleep (dinner, daily food prep, evening toilet)
21:30-06:00		SLEEP
Task List	CDR	Medical Kits Audit / r/g 0278
		Searching for Air Heater Fan [БВН] #3
		ECON. Observations and Photography
		Placement of St. George Ribbons
		Removable Cassette Containers [CKK] Photography

- SM Window #9 shutter opening is at crew discretion w/ Report to MCC
 See OSTP for references to US activities

End of Radiogram