CREW OFF DUTY. SM SA 2, 4 EFFICIENCY TEST

GMT	CREW	ACTIVITY
06:00-06:10	CDR,FE-1	Morning Inspection
06:00-06:20	FE-2	Nutrition: urine collection
06:10-06:40	CDR,FE-1	Post-sleep
06:20-06:25	FE-2	Nutrition: urine sample insertion in MELFI
06:25-06:45	FE-2	Post-sleep
06:40-07:30	CDR,FE-1	BREAKFAST
06:45-07:30	FE-2	BREAKFAST
07:30-07:50	FE-2	Nutrition- Stowage of urine collection kit
07:30-08:30	CDR	Physical Exercise (CEVIS)
08:30-10:00	CDR	Physical Exercise (RED)
10:10-11:25	FE-2	Physical Exercise (TVIS)
11:25-12:55	FE-1	Physical Exercise (TVIS), day 3
12:55-13:00	FE-1	On MCC Go ISS repress from Progress 363 CpΠK (start)
13:00-14:00		LUNCH
14:00-14:05	FE-1	ISS repress from Progress 363 CpΠK (terminate)
15:10-15:25	FE-2	Private Family Conference (Ku + S-band)
15:50-16:05	CDR	Private Family Conference (Ku + S-band)
16:00-17:15	FE-2	Physical Exercise (VELO)
17:00-17:15	FE-1	Private Psychological Conference (VHF)
17:50-18:30	FE-1	СОЖ Maintenance
18:30-19:30	FE-1	Physical Exercise (VELO+RED), day 3
19:30-20:00		DINNER
20:00-20:30		Daily food prep
20:30-21:30		Pre-sleep
21:30-06:00		SLEEP
Task List	FE-1	ТБУ (Universal Bioengineering Thermostat). Temperature check
		PLANTS-2. Recharging water tank
		PLANTS-2. Payload Status Check and Photography
		URAGAN. Observations and photography
		DIATOMEA. World Ocean Observations
		MATRYOSHKA-R. Monitoring Lulin-5 readings

Notes: 1. See OSTP for references to US activities.

2. SM Window #9 shutter opening is at crew discretion, with Report to MCC End of Radiogram