CREW OFF DUTY

GMT	CREW	ACTIVITY
06:00-06:10	FE-2, FE-3 , FE- 5	Morning Inspection
06:00-06:05	FE-4,FE-6	Integrated Immune Liquid Saliva Sample Collection
06:00-06:05	CDR	Elektron-VM Aerosol Filter Inspection
06:05-06:10	CDR ,FE-4,FE-6	Morning Inspection
06:10-06:40		Post-sleep
06:40-07:35	CDR ,FE-4,FE-6	BREAKFAST
06:40-07:30	FE-2, FE-3 , FE- 5	BREAKFAST
07:30-07:35	FE-3	TBU (Universal Bioengineering Thermostat). Temperature Check (Report temperature to MCC)
09:00-10:30	CDR	Physical Exercise (TVIS), Day 2
09:00-10:00	FE-6	Physical Exercise T 2
09:30-10:30	FE-5	Physical Exercise (VELO), Day 3
10:00-11:30	FE-6	Physical Exercise (ARED)
10:30-12:00	FE-5	Physical Exercise (TVIS), Day 3
10:30-11:30	FE-2	Physical Exercise T 2
10:35-10:50	CDR	Private Family Conference (Ku+S-band)
11:30-13:00	FE-2	Physical Exercise (ARED)
12:00-13:00	FE-3	Physical Exercise (TVIS), Day 3
12:05-12:20	FE-5	Private Family Conference (Ku+S-band)
12:50-13:00	FE-4	Formaldehyde Monitoring Kit (FMK) Stow Operations
13:00-14:00		LUNCH
14:00-14:05	FE-5	MPC Power Up
14:05-14:15	FE-5	PAO Hardware Setup
14:15-14:35	FE-5	MCC-TV Greeting to the participants at the grand opening of the Russian Cultural Center in Beijing (Ku+S-band)
14:35-14:40	FE-5	MPC Power Down
15:30-16:30	CDR	Physical Exercise (ARED)
16:10-17:10	FE-4	Physical Exercise (CEVIS)
16:30-17:10	CDR	СОЖ Maintenance. SM and FGB Flush Counter (СП), Water Supply System (СВО), Potok Air Purification System Data Calldowns
17:10-18:40	FE-3	Physical Exercise (TVIS), Day 3
17:10-18:40	FE-4	Physical Exercise (ARED)
18:00-18:05	CDR	Elektron-VM Aerosol Filter Inspection
18:25-18:40	FE-2,FE-6	Crewmembers transferring samples, review reference material
18:40-19:05		Evening Work Prep
19:05-19:30		Daily Planning Conference (S-band)

19:30-19:45	FE-2	Private Family Conference
19:30-21:30	CDR,FE-3 , FE-4 ,FE-5	Pre-sleep
19:45-21:30	FE-2	Pre-sleep
21:30-06:00		SLEEP
Task List	CDR	SEINER Ocean Observations
	FE-5	URAGAN Observations and Photography
		SM, DC1, MRM2 Window Inspection
	CDR,FE-5	ECON. Observations and Photography

Notes:

- SM Window #9 shutter opening is at crew discretion w/ Report to MCC
 See OSTP for references to US activities
- 3. Pre-sleep ops: dinner, daily food prep, evening toilet End of Radiogram