

CREW OFF-DUTY

GMT	CREW	ACTIVITY
06:00-06:05	CDR	Reaction Self Test
06:00-06:10	FE-1	Morning Inspection
06:00-06:05	FE-2	Elektron-VM Aerosol Filter Inspection
06:05-06:10	CDR, FE-2	Morning Inspection
06:10-06:40		Post-sleep
06:40-07:30		BREAKFAST
07:30-10:30	CDR	Weekly Housekeeping
07:30-10:15	FE-1	Weekly Housekeeping
07:30-10:30	FE-2	SM Ventilation Subsystem Preventive Maintenance, Group E; FGB LJB2 Fan Cleaning
10:30-11:30	CDR	Physical Exercise T 2
10:30-12:00	FE-1	Physical Exercise (TVIS), Day 4
11:30-13:00	CDR	Physical Exercise (ARED)
12:00-12:15	FE-1	Weekly Housekeeping (Clean pre-filter in Air Purification System Potok-150MK)
12:00-13:00	FE-2	Physical Exercise (VELO), Day 4
13:00-14:00		LUNCH
14:00-14:30		Weekly Planning Conference (<i>S-band</i>)
14:30-15:10	FE-1	COX maintenance
14:30-14:45	CDR	Food Frequency Questionnaire
14:45-14:50	CDR	PL MPC Power On
15:30-17:00	FE-2	Physical Exercise (TVIS), Day 4
17:00-18:00	FE-1	Physical Exercise (VELO), Day 4
17:35-17:40	CDR	PL MPC Power Off
18:00-18:05	FE-2	Elektron-VM Aerosol Filter Inspection
18:30-18:45	CDR	Private Family Conference
19:30-21:25	CDR	Pre-sleep
19:30-21:30	FE-1, FE-2	Pre-sleep
21:25-21:30	CDR	Reaction Self Test
21:30-06:00		SLEEP

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: dinner, daily food prep, evening toilet
- End of Radiogram