## **CREW OFF DUTY**

| CREW                     | ACTIVITY  |
|--------------------------|---|
|                          | Morning Inspection  |
| DR                       | Elektron-VM System Monitoring   |
| DR                       | Morning Inspection  |
|                          | Post-sleep  |
|                          | BREAKFAST   |
| <b>Ξ-6</b>               | Physical Exercise T 2   |
| <b>Ξ-6</b>               | Physical Exercise (ARED)  |
| <b>E-1</b>               | Physical Exercise (TVIS), Day 2   |
| <b>E-5</b>               | Physical Exercise T 2   |
| DR                       | Roskosmos video file prep and downlink using OCA  |
| DR                       | Physical Exercise (TVIS), Day 3   |
| E-5                      | Physical Exercise (ARED)  |
| <b>E-2</b>               | Private Family Conference (Ku+S-band)   |
| DR                       | PAO Hardware Setup  |
| DR,FE-1,FE-2             | Crew Prep for PAO   |
| DR,FE-1,FE-2             | TV Greetings (Ku+S-band)  |
| <b>E-2</b>               | Physical Exercise (ARED)  |
| DR                       | Private Family Conference (Ku+S-band)   |
|                          | LUNCH   |
| DR                       | СОЖ Maintenance. SM and FGB Water Supply System (CBO), Flush Counter (СП), and POTOK Air Purification System Data Calldowns |
| E-2                      | CONTOUR Removing Joints from REU and pre-pack for return. <i>Tagup with specialists (S-band)</i>                            |
| ≣-1                      | CONTOUR Photo/Video - Joints Removal from REU. Tagup with specialists (S-band)  |
| <b>Ξ-3</b>               | Private Family Conference   |
| <b>≣-1</b>               | Physical Exercise (VELO), Day 2   |
| DR                       | Physical Exercise (TVIS), Day 3   |
| <b>E-2</b>               | Private Psychological Conference (VHF)  |
| <b>Ξ-3</b>               | Physical Exercise T 2   |
| E-5                      | Private Family Conference   |
| <b>E-2</b>               | Physical Exercise (TVIS), Day 2   |
| <b>Ξ-3</b>               | Physical Exercise (ARED)  |
| DR                       | Elektron-VM System Monitoring   |
| <b>Ξ-6</b>               | Vascular Blood Collection Hardware Setup  |
|                          | Daily Planning Conference (S-band)  |
|                          | Evening Work Prep   |
| <b>-</b> -3,⊏ <b>-</b> 3 |   |
| =-3,FE-5<br>=-6          | Evening Work Prep   |
| ·                        | Evening Work Prep Private Family Conference   |
|                          | CREW  E-1,FE-2, E-3,FE-5,FE-6  DR  DR  E-6 E-6 E-1 E-5 DR  DR  DR  E-7 E-7 E-7 E-7 E-7 E-7 E-7 E-7 E-7 E-                   |

| 19:30-21:30 |     | Pre-sleep                            |
|-------------|-----|--------------------------------------|
| 21:30-06:00 |     | SLEEP                                |
| Task List   | CDR | ECON. Observations and Photography   |
|             |     | URAGAN. Observations and Photography |

## Notes:

- 1. SM Window #9 shutter opening is at crew discretion w/ Report to MCC
- 2. See OSTP for references to US activities3. Pre-sleep ops: daily food prep, dinner, pre-sleep

End of Radiogram