

CREW OFF DUTY

TIME	CREW	ACTIVITY
06:00-06:05	FE-6	PROK - Urine Sample Collection
06:00-06:10	FE-3, FE-4 , FE-5	Morning Inspection
06:00-06:10	CDR	Morning Inspection. Laptop RS2(1) Reboot
06:00-06:10	FE-2	Morning Inspection. RSS2 Reboot
06:05-06:25	FE-6	HRF Urine Sample Collection
06:10-06:40	CDR,FE-2 , FE-3, FE-4 , FE-5	Post-sleep
06:25-06:30	FE-6	HRF - Urine Sample MELFI Insertion
06:30-06:40	FE-6	Morning Inspection
06:40-07:30	FE-4	BREAKFAST. SM ПСС (Caution & Warning Panel) Test (<i>after breakfast</i>)
06:40-07:30	CDR,FE-2 , FE-3,FE-5	BREAKFAST
06:40-07:10	FE-6	Post-sleep
07:10-08:00	FE-6	BREAKFAST
07:30-07:40	FE-2	CASKAD. Manual Mixing in Bioreactor
09:00-09:20	FE-6	HRF Urine Sample Collection
09:20-09:25	FE-6	HRF - Urine Sample MELFI Insertion
10:00-10:15	FE-4	Private Family Conference (<i>Ku + S-band</i>)
10:00-11:00	CDR	БД-2 Exercise - Day 2
10:00-11:30	FE-6	ARED Exercise
11:00-12:00	FE-2	VELO Exercise, Day 1
11:05-11:20	CDR	Private Family Conference (<i>Ku + S-band</i>)
11:30-12:30	FE-6	CEVIS Exercise
11:30-13:00	FE-3	ARED Exercise
11:30-13:00	FE-4	БД-2 Exercise - Day 1
12:40-12:55	FE-6	Private Family Conference
13:00-14:00		LUNCH
14:00-15:00	CDR,FE-2 , FE-4	Recording TV-reports for Roskosmos video studio
14:00-14:05	FE-6	PROK - Controlled Diet Log
14:05-14:25	FE-6	HRF Urine Sample Collection
14:25-14:30	FE-6	HRF - Sample MELFI Insertion
15:00-15:40	FE-2	COЖ Maintenance. SM and FGB CBO, CГО, СПКУ АСУ Counter, POTOK Air Purification System Data Calldowns
15:30-17:00	CDR	ARED Exercise

15:40-16:40	FE-4	Physical Exercise (VELO), Day 1
15:55-16:10	FE-5	Private Family Conference
16:10-17:10	FE-5	Physical Exercise (CEVIS)
16:30-18:00	FE-2	БД-2 Exercise - Day 1
17:00-17:20	FE-6	HRF Urine Sample Collection
17:05-18:05	FE-3	T2 Exercise
17:10-18:40	FE-5	ARED Exercise
17:20-17:25	FE-6	HRF - Urine Sample MELFI Insertion
18:25-18:55	FE-2	Evening Work Prep
18:40-19:10	CDR,FE-3, FE-4,FE-5, FE-6	Evening Work Prep
18:55-19:05	FE-2	CASKAD. Manual Mixing in Bioreactor
19:10-19:30		Daily Planning Conference (<i>S-band</i>)
19:30-20:45	FE-6	Pre-sleep
19:30-21:30	CDR,FE-2, FE-3,FE-4, FE-5	Pre-sleep
20:45-21:00	FE-6	Private Special Conference (PSC)
21:00-21:25	FE-6	Pre-sleep
21:25-21:30	FE-6	Reading REMINDER
21:30-06:00		SLEEP
Task List	CDR,FE-2, FE-4	URAGAN. Observations and Photography
		Preparation of reports for Roskosmos site
		ECON-M. Observations and Photography

Notes:

1. SM Window No. 9 shutter opening is at crew discretion w/ **Report to MCC**
 2. See OSTPV for references to US activities.
 3. Pre-sleep ops: daily food prep, dinner, pre-sleep
 4. Russian crew uses US exercise equipment strictly per F24 or OSTPV
- End of Radiogram