

Crew Rest

TIME	CREW	ACTIVITY
06:00-06:10	CDR,FE-4	Morning inspection
06:00-06:05	FE-5,FE-6	Urine drop sample
06:00-06:10	FE-2	Morning inspection Reboot RSS2
06:00-06:10	FE-1	Morning inspection. Reboot Laptop RS2(1)
06:05-06:15	FE-5	Morning inspection
06:05-06:25	FE-6	HRF - Urine sample collection, urinalysis
06:10-06:40	FE-1,FE-2, FE-4,CDR	POST-SLEEP
06:15-06:40	FE-5	POST-SLEEP
06:25-06:30	FE-6	Placement of urine samples in MELFI
06:30-06:40	FE-6	Morning inspection
06:40-07:30	FE-4	BREAKFAST. SM [ПСС] Caution & Warning Panel test (after breakfast)
06:40-07:30	FE-1,FE-2, FE-5,CDR,	BREAKFAST
06:40-07:10	FE-6	POST-SLEEP
07:10-08:00	FE-6	BREAKFAST
08:00-08:10	FE-5	Removal, cleaning, and stowing of ThermoLab tools
08:30-10:00	CDR	Physical Exercise (ARED)
09:00-10:00	FE-5	Physical Exercise (T2)
09:55-10:15	FE-6	HRF - Urine sample collection, urinalysis
10:00-11:30	FE-2	Physical Exercise (T2)
10:00-11:30	FE-5	Physical Exercise (ARED)
10:15-10:25	FE-6	HRF- Placement of urine samples in MELFI
10:25-10:30	FE-6	P/L - Replay start
10:30-11:30	FE-4	Physical Exercise (VELO-3)
10:30-11:30	FE-6	Physical Exercise (CEVIS)
10:50-11:05	FE-1	Private family conference (<i>Ku + S-band; S/G2 & S/G1 as backup</i>)
11:30-13:00	FE-6	Physical Exercise (ARED)
11:45-13:00	FE-1	Physical Exercise (T2)
12:10-12:25	FE-4	Private family conference (<i>Ku + S-band; S/G2 & S/G1 as backup</i>)
13:00-14:00	.	LUNCH
14:00-14:10	FE-5	PROK - dietary data collection (days 2-4)
14:00-14:40	FE-2	ECLSS Maintenance. Data downlink – [CBO] Water Supply System, [CFO] Gas Supply System, [ACY СПКУ] Toilet Use Counter, and [YOB] Potok Air Sterilization Units located in SM and FGB
14:00-14:10	FE-6	PROK - Dietary questionnaire
14:00-14:30	CDR	SPINAL- Prep ops
14:30-15:00	CDR	BCAT-C1 - Experiment hardware setup

14:35-14:40	FE-6	P/L- closeout ops
15:20-15:35	FE-6	Private family conference
15:45-17:00	FE-1	Physical Exercise (ARED)
16:00-17:00	FE-2	Physical Exercise (VELO-3)
16:00-17:00	CDR	Physical Exercise (CEVIS)
16:25-16:35	FE-5	HRF- Preparation for urine sample collection
17:00-17:15	CDR	Private family conference
17:00-18:30	FE-4	Physical Exercise (T2)
17:35-17:55	FE-6	HRF - Urine sample collection, urinalysis
17:55-18:05	FE-6	Placement of urine samples in MELFI
18:05-18:20	FE-6	ICV- Monitoring
18:35-19:05	FE-1,FE-2, FE-4,FE-5, CDR	Evening Work Prep
18:35-19:05	FE-6	Pre-sleep ops
19:05-19:30		Daily Planning Conference (<i>S-band</i>)
19:30-21:20	FE-1,FE-5	Pre-sleep ops
19:30-21:30	FE-2,FE-4, CDR	Pre-sleep ops
19:30-20:00	FE-6	ThermoLab tools prep
20:00-21:20	FE-6	Pre-sleep ops
21:20-21:30	FE-1	[CЛC]. RSE-LCS laptop activation for subsequent data recording
21:20-21:25	FE-6	Integrated Cardiovascular (ICV) Resting Echo Scan – reminder check
21:20-21:25	FE-5	REMINDER check
21:25-21:30	FE-5,FE-6	REMINDER check
21:30-06:00	.	Sleep
Task List	FE-2	Transfer of RG1094.ZIP file (with visual inspection of RS windows) from [PCПИ] Data Transmission Radio System to OCA
	FE-1,FE-2, FE-4	ECON-M. Visual observations and photography
		SEINER. Study of ocean surface waters
		Report prep for ROSKOSMOS website
		URAGAN. Visual 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 activities.
3. Pre-sleep ops: daily food prep, dinner, pre-sleep
4. **Use of US exercise devices by Russian crewmembers – strictly in accordance with Form 24 or OSTPV.**
5. **Do not use RS windows from 00:55 to 01:05.**

End of Radiogram