CREW OFF DUTY. TV DOWNLINKS USING USOS ASSETS

07:45-07:55 F 07:50-07:55 F 07:55-08:15	FE-1 FE-2 FE-1	Morning Inspection Post-sleep BREAKFAST Nutrition and Repository: Urine Sample Collection PAO Hardware Setup Nutrition and Repository: Insertion of Urine Sample into MELFI ISS Crew TV-conference with ROSKOSMOS management (Ku+S-band)
06:40-07:30 07:30-07:50 07:45-07:55 07:50-07:55 07:55-08:15 08:15-09:45	FE-2 FE-1	BREAKFAST Nutrition and Repository: Urine Sample Collection PAO Hardware Setup Nutrition and Repository: Insertion of Urine Sample into MELFI ISS Crew TV-conference with ROSKOSMOS management (Ku+S-
07:30-07:50 07:45-07:55 07:50-07:55 07:55-08:15 08:15-09:45 08:15-09:45 08:15-09:45 08:15-09:45 08:15-09:45 08:15-09:45 08:15-09:45 08:15-09:45 08:15-09:45 08:15-09:45 08:15-09:45 08:15-09:45 08:15-09:45 08:15-09:45 08:15-09:45 08:15-09:45 08:15-09:45 08:15-09:45 08:15-09:45 08:15-09:45 08:15-09:45 08:15-09:45 08:15-09:45 08:15-09:45 08:15-09:45 08:15-09:45 08:15-09:45 08:15-09:45 08:15-09:45 08:15-09:45 08:15-09:45 08:15-09:45 08:15-09:45 08:15-09:45 08:15-09:45 08:15-09:45 08:15-09:45 08:15-09:45 08:15-09:45 08:15-09:45 08:15-09:45 08:15-09:45 08:15-09:45 08:15-09:45 08:15-09:45 08:15-09:45 08:15-09:45 08:15-09:45 08:15-09:45 08:15-09:45 08:15-09:45 08:15-09:45 08:15-09:45 08:15-09:45 08:15-09:45 08:15-09:45 08:15-09:45 08:15-09:45 08:15-09:45 08:15-09:45 08:15-09:45 08:15-09:45 08:15-09:45 08:15-09:45 08:15-09:45 08:15-09:45 08:15-09:45 08:15-09:45 08:15-09:45 08:15-09:45 08:15-09:45 08:15-09:45 08:15-09:45 08:15-09:45 08:15-09:45 08:15-09:45 08:15-09:45 08:15-09:45 08:15-09:45 08:15-09:45 08:15-09:45 08:15-09:45 08:15-09:45 08:15-09:45 08:15-09:45 08:15-09:45 08:15-09:45 08:15-09:45 08:15-09:45 08:15-09:45 08:15-09:45 08:15-09:45 08:15-09:45 08:15-09:45 08:15-09:45 08:15-09:45 08:15-09:45 08:15-09:45 08:15-09:45 08:15-09:45 08:15-09:45 08:15-09:45 08:15-09:45 08:15-09:45 08:15-09:45 08:15-09:45 08:15-09:45 08:15-09:45 08:15-09:45 08:15-09:45 08:15-09:45 08:15-09:45 08:15-09:45 08:15-09:45 08:15-09:45 08:15-09:45 08:15-09:45 08:15-09:45 08:15-09:45 08:15-09:45 08:15-09:45 08:15-09:45 08:15-09:45 08:15-09:45 08:15-09:45 08:15-09:45 08:15-09:45 08:15-09:45 08:15-09:45 08:15-09:45 08:15-09:45 08:15-09:45 08:15-09:45 08:15-09:45 08:15-09:45 08:15-09:45 08:15-09:45 08:15-09:45 08:15-09:45 08:15-09:45 08:15-09:45 08:15-09:45 08	FE-2 FE-1	Nutrition and Repository: Urine Sample Collection PAO Hardware Setup Nutrition and Repository: Insertion of Urine Sample into MELFI ISS Crew TV-conference with ROSKOSMOS management (Ku+S-
07:45-07:55 F	FE-2 FE-1	PAO Hardware Setup Nutrition and Repository: Insertion of Urine Sample into MELFI ISS Crew TV-conference with ROSKOSMOS management (Ku+S-
07:50-07:55 I	FE-1	Nutrition and Repository: Insertion of Urine Sample into MELFI ISS Crew TV-conference with ROSKOSMOS management (Ku+S-
07:55-08:15 08:15-09:45 (08:15-09:45		ISS Crew TV-conference with ROSKOSMOS management (Ku+S-
08:15-09:45 08:15-09:45	CDR	,
08:15-09:45	CDR	
I		Physical Exercise (TVIS), day 1
	FE-2	Physical Exercise (ARED)
00.10 10.10		Physical Exercise (TVIS)
09:50-10:05	CDR	Private Family Conference (Ku+S-band)
11:15-11:35		TV Conference with RSC Energia, IBMP, GCTC Managements (Ku + S-band)
11:35-11:55	FE-1	Nutrition and Repository: Urine Sample Collection
11:55-12:00 F		Nutrition and Repository: Insertion of Urine Sample into MELFI
12:00-12:20		Nutrition and Repository: Stow Urine Sampling Hardware
12:20-12:25	FE-1	BCAT-4 Camera Checkout
12:25-12:45		TV Conference with RSC Energia, IBMP, GCTC Managements (Ku + S-band)
13:00-14:00 .		LUNCH
14:00-14:40	CDR	COЖ Maintenance. CBO, CП, and POTOK Air Purification System Data Calldowns for SM and FGB Inspection of CM-У connector on MHP-HC separator pump in ACУ (behind panel 139, for moisture) Replacement of Vacuum Pressure Gauge [MB]
15:20-15:35	FE-1	Potable Water Dispenser (PWD) - Daily Ambient Flush
15:35-16:35	FE-1	Physical Exercise (TVIS)
16:35-17:35	CDR	Physical Exercise (VELO), day 1
16:35-18:05	FE-1	Physical Exercise (ARED)
17:10-17:25	FE-2	Private Family Conference (Ku+S-band)
18:15-18:45		Evening Work Prep
18:45-19:00		Daily Planning Conference (S-band)
19:00-19:30		Evening Work Prep
19:30-21:30 .		Presleep (dinner, daily food prep, evening toilet)
21:30-06:00 .		SLEEP
	CDR	ECON. Observations And Photography
Task List		URAGAN. Observations And Photography Auxiliary Laptop Computer System Anti-Virus Update

Notes:

- 1. 1. SM Window #9 shutter opening is at crew discretion with Report to MCC
 2. See OSTP for references to US activities.
 End of Radiogram