

CREW OFF DUTY

TIME	CREW	ACTIVITY
06:00-06:05	CDR	Reaction Self Test
06:00-06:10	FE-1	Morning Inspection. Reboot Laptop RS2(1)
06:00-06:10	FE-2	Morning Inspection. RSS2 Reboot
06:00-06:10	FE-4	Morning Inspection
06:00-06:05	FE-5	Urine Spot Test
06:00-06:05	FE-6	Urine Spot Test
06:05-06:10	CDR	Morning Inspection
06:05-06:25	FE-5	HRF. Urine collection
06:05-06:10	FE-6	Reaction Self Test
06:10-06:40	CDR, FE-1,FE-2, FE-4	Post-sleep
06:10-06:20	FE-6	Morning Inspection
06:20-06:40	FE-6	Post-sleep
06:25-06:35	FE-5	HRF-URN MELFI-INSTALL
06:35-06:40	FE-5	Reaction Self Test
06:40-07:30	CDR, FE-1,FE-2	BREAKFAST
06:40-07:30	FE-4	BREAKFAST. SM ПСС (Caution & Warning Panel) Test (after breakfast)
06:40-06:50	FE-5	Morning Inspection
06:40-07:25	FE-6	BREAKFAST
06:50-07:20	FE-5	Post-sleep
07:20-08:10	FE-5	BREAKFAST
08:10-08:30	FE-5	HRF. Urine collection
08:30-08:35	FE-5	HRF-URN MELFI-INSTALL
08:35-08:45	FE-5	CRHYT. Circadian Rhythms Sensors removal
09:35-09:50	FE-1	Private family conference (<i>Ku+S-band - S/G2, S/G1-backup</i>)
10:00-11:30	FE-4	Physical Exercise (VELO), Day 3
10:00-11:30	FE-5	Physical Exercise (ARED)
10:30-11:30	CDR	Physical Exercise T2
11:30-13:00	CDR	Physical Exercise (ARED)
11:30-13:00	FE-2	Physical Exercise (VELO), Day 3
11:30-12:30	FE-5	Physical Exercise (CEVIS)
11:40-11:55	FE-4	Private family conference (<i>Ku+S-band - S/G2, S/G1-backup</i>)
12:00-13:00	FE-1	Physical Exercise T2, Day1
13:00-14:00	.	MIDDAY MEAL
14:00-14:40	FE-2	COЖ Maintenance Data downlink for [CBO], CГО, СПКУ, ПОТОК (SM and FGB)

14:00-14:05	FE-5,FE-6	PROK Diet Logging (Day 2-4)
14:05-14:25	FE-5	HRF. Urine collection
14:25-14:30	FE-5	HRF-URN MELFI-INSTALL
14:40-14:55	FE-1,FE-2,FE-4	Telephone talk with "Rossiyskiy Kosmos" Journal editor (<i>S-band</i>)
15:30-16:30	FE-2	Physical Exercise (T2) Day 3
15:35-17:05	FE-1	Physical Exercise (ARED)
16:05-17:05	FE-6	Physical Exercise (CEVIS)
16:10-16:25	FE-5	Private family conference
16:30-17:30	FE-4	Physical Exercise (T2) Day 3
17:05-18:35	FE-6	Physical Exercise (ARED)
17:50-18:05	CDR	Private family conference
18:50-19:15	.	DPC (<i>S-band</i>)
19:15-19:30	.	Evening prep
19:30-21:15	CDR	Pre-sleep
19:30-21:30	FE-1,FE-2,FE-4	Pre-sleep
19:30-21:15	FE-5	Pre-sleep
19:30-19:35	FE-6	Pre-sleep
19:35-19:50	FE-6	Private family conference
19:50-21:15	FE-6	Pre-sleep
21:15-21:20	CDR	HRF: Blood draw reminder
21:15-21:20	FE-5,FE-6	REMINDER
21:20-21:25	CDR,FE-5,FE-6	BCAT reminder
21:25-21:30	CDR,FE-5,FE-6	Reaction Self Test
21:30-06:00	.	SLEEP
Task List	FE-1,FE-2,FE-4	SEINER Ocean Observations
		ECON-M. Observations And Photography
		URAGAN Observations and Photography
		Preparation of reports for Roskosmos site
		Crew views video and exercises donning and purging respirator (perform this procedure twice)

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. **Russian crew uses US exercise equipment strictly per F24 or OSTPV**
- End of r/g**