

CREW OFF DUTY

GMT	CREW	ACTIVITY
06:00-06:10	CDR	Morning Inspection
06:00-06:05	FE-3	Elektron-VM Aerosol Filter Inspection
06:00-06:05	FE-2	PROK- PH Urine Test
06:05-06:10	FE-3, FE-2	Morning Inspection
06:10-06:40		Post-sleep
06:40-07:30		BREAKFAST
07:30-07:45		Daily Planning Conference (<i>S-band</i>)
07:45-08:00	CDR	Radiation Monitoring System. Cable Check. <i>Tagup with specialists (S-band)</i>
07:45-08:05	FE-2, FE-3	Work Prep
08:00-08:10	CDR	Work Prep
08:10-08:15	CDR	Activation of Multifunction Indicator Panel (МПИ) in MRM1. <i>Tagup with specialists (VHF)</i>
08:15-08:30	CDR	Soyuz 228 Gas Analyzer Deactivation
08:20-08:30	FE-2	VO2 Power Up
08:30-08:50	CDR, FE-3	Testing MRM1 comm channels. Tagup with specialists (<i>S-band</i>)
08:45-10:25	FE-2	V02 Protocol Preparation
08:50-10:50	FE-3	ИДЭ-2 Smoke Detectors R&R in DC1
09:00-10:30	CDR	Physical Exercise (TVIS), Day 2
10:25-11:10	FE-2	VO2max Experiment Protocol
10:30-12:00	CDR	Fan Grille Cleaning and Dust Filter Cartridge Replacement in MRM1
10:50-12:20	FE-3	Physical Exercise (TVIS), Day 3
11:10-11:25	FE-2	VO2 Closeout Ops
11:50-11:55	FE-2	VO2max PPFS Data Downlink
11:55-12:40	FE-2	VO2max Stow
13:00-14:00	.	LUNCH
14:00-14:40	CDR	COЖ Maintenance
14:00-14:10	FE-2	CWC Audit
14:10-14:15	FE-2	PROK Diet Logging (Day 1)
14:15-14:35	FE-2	VO2max Crew Portable Pulmonary Function System Conclude
15:35-15:40	FE-2	VO2max PPFS Stowage
15:40-15:55	FE-2	Weekly Crew Conference with the Program Management
16:00-17:00	FE-2	Physical Exercise T 2
16:00-17:00	CDR	Physical Exercise (ARED)
16:30-17:30	FE-3	Physical Exercise (VELO), Day 3
17:00-18:30	FE-2	Physical Exercise (ARED)
17:30-18:00	FE-3	INTERACTION Experiment Ops
18:00-18:10	CDR	RUSALKA Battery Charge
18:25-19:10	CDR, FE-3	Evening Work Prep
18:30-19:10	FE-2	Evening Work Prep
19:10-19:25		Daily Planning Conference (<i>S-band</i>)

19:25-19:30		Evening Work Prep
19:30-21:25	FE-3	Pre-sleep
19:30-19:35	FE-2	MPC Power Up
19:30-21:20	CDR	Pre-sleep
19:35-21:25	FE-2	Pre-sleep
21:20-21:30	CDR	SONOCARD Experiment Start
21:25-21:30	FE-2	MPC Power Down
21:25-21:30	FE-3	Elektron-VM Aerosol Filter Inspection
21:30-06:00		SLEEP
Task List	CDR	Life On The Station Photo and Video

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: dinner, daily food prep, evening toilet
- End of Radiogram