CREW OFF DUTY

GMT	CREW	ACTIVITY
06:00-06:10	CDR, FE-1 , FE-5,FE-6	Morning Inspection
06:00-06:10	FE-4	Morning Inspection. SM ΠCC [Caution & Warning Panel] Test
06:00-06:10	FE-2	Morning Inspection. Inspection of Circuit Breakers [A3C] on DC Power Switch Panel (БВП) and Fuses in DC1 Fuse Boxes БПП-30, БПП-36
06:10-06:40		Post-sleep
06:40-07:30		BREAKFAST
08:30-10:00	CDR	Physical Exercise (ARED)
09:00-10:00	FE-6	Physical Exercise (CEVIS)
10:00-11:00	CDR	Physical Exercise (CEVIS)
10:20-10:35	FE-4	Private Family Conference (S+Ku-band)
10:55-11:00	FE-4	PAO Hardware Setup
11:00-11:05	CDR	ISSAC Lab Window Shutter Open
11:05-11:20	FE-1,FE-2, FE-4	ISS-MCC-M TV Answering questions posed by high school children and teachers from Russia's schools (S+Ku-band)
11:30-13:00	FE-2	Physical Exercise (TVIS), Day 1
11:30-12:30	FE-1	Physical Exercise (VELO), Day 1
11:30-13:00	FE-4	Physical Exercise (ARED)
13:00-14:00		LUNCH
14:00-14:40	FE-2	IDENTIFICATION. Сору ИМУ-Ц micro-accelerometer data to laptop
14:00-14:40	FE-1	СОЖ Maintenance. SM and FGB Flush Counter (СП), Water Supply System (SVO), POTOK Air Purification System Data Calldowns
14:00-14:15	FE-5	Special Private Conference
15:00-15:30	FE-2	Sample #2 Test Results Log (Medium 1)
15:15-16:45	FE-6	Physical Exercise (ARED)
15:30-16:30	FE-4	Physical Exercise (TVIS), Day 1
15:30-15:45	CDR	Private Family Conference
16:00-17:00	FE-5	Physical Exercise T 2
16:30-17:30	FE-2	Physical Exercise (VELO), Day 1
16:50-17:05	FE-6	Private Family Conference
17:00-18:30	FE-1	Physical Exercise (TVIS), Day 1
17:00-18:30	FE-5	Physical Exercise (ARED)
18:30-18:55		Daily Planning Conference (S-band)
18:55-19:30		Evening Work Prep
19:30-21:20	FE-4	Pre-sleep
19:30-21:30	CDR, FE-1,FE- 2 , FE-5,FE-6	Pre-sleep
21:20-21:30	FE-4	URAGAN. FSS PL Battery Charge (start)
21:30-06:00		SLEEP

Task List		Preparation of reports for Roskosmos site
	FE-1, FE-2, FE-4	URAGAN. Observations and Photography
		ECON. Observations and Photography
		SEINER Ocean Observations

Notes:

- SM Window #9 shutter opening is at crew discretion w/ Report to MCC
 See OSTP for references to US activities
- 3. Pre-sleep ops: daily food prep, dinner, pre-sleep End of Radiogram