## **CREW OFF DUTY**

GMT	CREW	ACTIVITY
06:00-06:10		Morning Inspection
06:10-06:40		Post-sleep
06:40-07:30		BREAKFAST
07:30-08:30	CDR	Physical Exercise (TVIS)
08:30-10:00	CDR	Physical Exercise (RED)
08:45-08:55	FE-1	Participation in the RF presidential election (VHF)
10:45-12:00	FE-2	Physical Exercise (TVIS)
10:55-11:05	CDR	MSG: activation
11:20-12:00		InSPACE2 – run
12:00-13:00	FE-1	Physical Exercise (VELO+RED), day 4
12:50-13:00	CDR	InSPACE2 - tape changeout
13:00-14:00		LUNCH
14:00-14:05	CDR	Disconnect LAB1D6 rack from LTL after CDRA Deactivation
14:05-14:45		InSPACE2 – run
15:30-15:40		InSPACE2 - tape changeout
15:40-16:20		InSPACE2 – run
15:45-16:00	FE-2	Private Family Conference (Ku + S-band)
16:05-17:35	FE-1	Physical Exercise (TVIS), day 4
17:00-17:10	CDR	InSPACE2 - tape changeout
17:00-18:15	FE-2	Physical Exercise (CEVIS)
17:10-17:25	CDR	Private Family Conference (Ku + S-band)
17:35-18:15	FE-1	СОЖ Maintenance
17:50-18:10	CDR	InSPACE2 - Vial Replacement
18:10-18:15		MSG - power down
18:15-18:50		Prep for Work
18:50-19:05		Daily Planning Conference (S-band)
19:05-19:30		Prep for Work
19:30-20:00		DINNER
20:00-20:30		Daily Food Prep
20:30-21:30		Pre-sleep
21:30-06:00		SLEEP
Task List	FE-1	ТБУ (Universal Bioengineering Thermostat). Temperature check
		PLANTS-2. Payload Status Check and Photography
		DIATOMEA. World Ocean Observations

Notes: 1. See OSTP for references to US activities.
2. SM Window #9 shutter opening is at crew discretion, with Report to MCC

End of Radiogram