

CREW OFF-DUTY

GMT	CREW	ACTIVITY
06:00-06:10	.	Morning Inspection
06:10-06:40	.	Post-sleep
06:40-07:30	.	BREAKFAST
07:30-07:50	FE-2	Nutrition and Repository - urine sampling
07:50-08:00	FE-2	Nutrition and Repository - insertion of first urine samples into MELFI
09:00-10:30	CDR	Physical Exercise (TVIS), day 3
09:50-10:10	FE-2	Nutrition and Repository - urine sampling
10:10-10:15	FE-2	Nutrition and Repository - urine sample MELFI insertion
10:15-10:30	FE-2	Set up video equipment to record TVIS exercise
10:30-12:00	FE-2	Physical Exercise (RED)
10:30-12:00	FE-1	Physical Exercise (TVIS), day 3
12:00-13:00	FE-2	Physical Exercise (TVIS)
13:00-14:00	.	LUNCH
14:00-14:15	FE-2	Stow video equipment used to record TVIS exercise
14:15-14:25	FE-2	FMK deployment ops
14:25-14:45	FE-2	Nutrition and Repository - urine sampling
14:45-14:50	FE-2	Nutrition and Repository - urine sample MELFI insertion
15:00-15:15	FE-2	Private Family Conference (<i>S + Ku-band</i>)
15:15-18:15	FE-2	Weekly Housekeeping
15:35-16:35	FE-1	Physical Exercise (TVIS), day 3
16:35-17:35	CDR	Physical Exercise (TVIS), day 3
17:35-18:15	CDR	COX Maintenance. <i>CBO, CFI flush counter, and POTOK Air Purification System Data Downlink</i>
18:10-18:15	FE-1	ГФИ-1 [Geophysical Studies]. Start SONY DCR-TRV900E Battery Charge
18:15-18:30	FE-2	Private Psychological Conference (<i>S + Ku-band</i>)
18:15-19:15	CDR,FE-1	Evening Work Prep
18:30-18:50	FE-2	Nutrition and Repository - urine sampling
18:50-18:55	FE-2	Nutrition and Repository - urine sample MELFI insertion
18:55-19:15	FE-2	Evening Work Prep
19:15-19:30	.	Daily Planning Conference (<i>S-band</i>)
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	CDR	ECON. Observations and photography
	FE-1	URAGAN. Observations and Photography
		DIATOMEA. World Ocean Observations

Note

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