Radiogram No. 9630u 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 Sample Collection
07:50-08:00	FE-2	Nutrition and Repository MELFI Urine Sample First Insertion
07:50-07:55	CDR	Nutrition and Repository Crew Historical Documentary Photography
08:00-08:15	CDR	Nutrition and Repository - Blood Sampling Operator
08:00-08:20	FE-2	Nutrition and Repository - Blood Samples
08:15-08:20	CDR	Nutrition and Repository Crew Historical Documentary Photography
08:20-08:30	FE-2	Nutrition and Repository FE2 - Refrigerated Centrifuge Setup
08:30-08:40	FE-2	Nutrition and Repository- Refrigerated Centrifuge Config
09:10-09:30	FE-2	Nutrition and Repository - Blood Sample Insertion into MELFI
09:10-09:15	CDR	Nutrition and Repository Crew Historical Documentary Photography
09:30-09:45	FE-2	Nutrition and Repository Stow Blood Sample Collection and Processing Hardware
09:45-11:15	FE-2	Physical Exercise (ARED)
10:00-11:00	CDR	Physical Exercise (TVIS)
11:00-12:30	FE-1	Physical Exercise (TVIS), day 1
13:00-14:00		LUNCH
14:00-14:15	FE-1	IRIDIUM phone charging, configuration setup, start charge <i>Tagup with</i> specialists as necessary (S-band)
14:00-14:20	FE-2	Nutrition and Repository Urine Sample Collection
14:20-14:25	FE-2	Nutrition and Repository - Urine Sample MELFI Insertion
14:30-14:35	FE-1	IRIDIUM phone charging - status check
14:50-14:55	FE-1	IRIDIUM phone charging - status check
15:10-15:15	FE-1	IRIDIUM phone charging - status check
15:15-15:25	FE-1	IRIDIUM phone charging - terminate charge, cleanup
15:25-16:05	FE-1	COЖ Maintenance. SM and FGB SVO, СП (Flush Counter), and POTOK Air Purification System Data Calldowns. Inspection of CM-У connector on MHP-HC separator pump in ACУ (behind panel 139 for moisture)
16:05-17:05	FE-2	Physical Exercise (TVIS)
16:30-18:00	CDR	Physical Exercise (ARED)
17:05-18:05	FE-1	Physical Exercise (VELO), day 1
17:55-18:15	FE-2	Nutrition and Repository - Urine Sample Collection
18:05-18:20	CDR	Evening Work Prep
18:15-18:20	FE-2	Nutrition and Repository Urine Sample MELFI Insertion
18:20-18:35		Daily Planning Conference (S-band)
18:35-19:30	FE-1,FE-2	Evening Work Prep
18:35-18:52	CDR	Evening Work Prep
18:52-19:07	CDR	Private Family Conference (Ku+S-band)
19:07-19:30	CDR	Evening Work Prep
19:30-21:30		Presleep (dinner, daily food prep, evening toilet)

21:30-06:00		SLEEP
Task List	∥FE-1	ECON. Observations And Photography
		MATRYOSHKA-R. Monitoring Lulin-5 Readings

Notes:

- SM Window #9 shutter opening is at crew discretion with Report to MCC
 See OSTP for references to US activities.
 End of Radiogram