CREW OFF DUTY

GMT	CREW	ACTIVITY
06:00-06:10	CDR,FE-5, FE-1,FE-2, FE-4	Morning Inspection
06:00-06:10	FE-6	Urine Spot Test
06:10-06:40		Post-sleep
06:40-07:30	CDR,FE-5,FE- 6, FE-4,FE-2	BREAKFAST
06:40-07:30	FE-1	BREAKFAST SM ПСС [Caution & Warning Panel] Test (after breakfast)
08:30-10:00	FE-6	Physical Exercise (ARED)
10:00-11:30	CDR	Physical Exercise (ARED)
10:30-12:00	FE-4	Physical Exercise (TVIS), Day 4
10:30-10:45	FE-2	Private Family Conference (Ku+S-band)
11:30-12:30	CDR	Physical Exercise (T2)
11:30-13:00	FE-1	Physical Exercise (ARED)
12:00-13:00	FE-2	Physical Exercise (TVIS), Day 4
13:00-14:00	CDR	LUNCH
13:00-14:00	FE-5,FE-6, FE-1,FE-2, FE-4	LUNCH
14:00-14:05	FE-6	PROK Diet Logging (Day 2-4)
14:00-14:40	FE-1	СОЖ Maintenance. SM and FGB Flush Counter (СП), Water Supply System (SVO), POTOK Air Purification System Data Calldowns
14:50-15:05	FE-1	Private Psychological Conference (VHF)
15:20-16:20	FE-4	Physical Exercise (VELO), Day 4
15:30-17:00	FE-2	Physical Exercise (ARED)
16:00-17:00	FE-5	Physical Exercise (T2)
16:00-17:00	FE-6	Physical Exercise (CEVIS)
16:20-16:35	FE-4	Private Psychological Conference (VHF)
16:20-17:20	FE-1	Physical Exercise (TVIS), Day 4
17:00-17:20	FE-6	Human Research Facility (HRF) Urine Collection Hardware Setup
17:00-18:30	FE-5	Physical Exercise (ARED)
17:40-18:15	FE-1,FE-2, FE-4	ISS-MCC-M TV TV greetings (To= 17:40, T1,T2,T3 from CΠΠ)
18:35-19:05		Evening Work Prep
19:05-19:30		Daily Planning Conference (S-band)
19:30-21:30		Pre-sleep
21:30-06:00	FE-5,FE-6, FE-1,FE-2, FE-4	SLEEP
21:30-21:45	CDR	Private Family Conference
21:45-06:00	CDR	SLEEP
Task List	FE-1,	Preparation of reports for Roskosmos site

	URAGAN. Observations and Photography
FE-4	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
 Pre-sleep ops: daily food prep, dinner, pre-sleep End of Radiogram