CREW OFF DUTY

GMT	CREW	ACTIVITY
06:00-06:10	CDR,FE-1,FE-2, FE-3,FE-4	Morning inspection
06:00-06:20	FE-5	Nutrition: urine collection
06:10-06:40	CDR,FE-1,FE-2, FE-3,FE-4	Post-sleep
06:20-06:25	FE-5	Nutrition Urine Sample Insertion into MELFI
06:25-06:35	FE-5	Morning Inspection
06:35-07:05	FE-5	Post-sleep
06:40-07:30	CDR,FE-1,FE-2, FE-3,FE-4	BREAKFAST
07:05-07:55	FE-5	BREAKFAST
07:30-08:45	FE-2	Physical Exercise (CEVIS)
08:45-10:00	FE-2	Physical Exercise (ARED)
10:00-10:05	CDR	PLANTS-2 Payload Status Check
10:10-10:25	CDR	Private Family Conference (Ku+S-band)
10:15-11:15	FE-3	Physical Exercise (VELO), day 3
10:30-11:30	FE-4	Physical Exercise (CEVIS)
10:45-11:45	CDR	Physical Exercise (TVIS), day 3
11:30-13:00	FE-4	Physical Exercise (ARED)
11:35-11:50	FE-3	Private Family Conference (Ku+S-band)
11:45-12:15	CDR	Post-Exercise Hygiene Procedure
13:00-14:00		LUNCH
14:00-14:20	FE-5	Nutrition: urine collection
14:20-14:25	FE-5	Nutrition Urine Sample Insertion into MELFI
14:25-14:40	FE-4	Private Family Conference (Ku+S-band)
14:25-14:45	FE-5	Nutrition and Repository - Stow Urine Sampling Hardware
14:55-15:05	FE-3	Checking for coolant leak on the KOE2 4FE4 Half-Coupling Shell
15:05-15:45	FE-3	COЖ Maintenance. Flush Counter (СП), Water Supply System (СВО), POTOK Air Purification System Data Calldowns Inspection of CM-У connector on MHP_HC pump behind panel 139 in ACУ
15:20-16:50	FE-5	Physical Exercise (ARED)
15:45-16:45	FE-3	Physical Exercise (TVIS), day 3
15:45-16:45	FE-1	Physical Exercise (CEVIS)
16:45-17:15	FE-3	Post-Exercise Hygiene Procedure
16:45-18:15	FE-1	Physical Exercise (ARED)
16:45-17:00	FE-2	Private Family Conference (Ku+S-band)
16:50-17:50	FE-5	Physical Exercise (CEVIS)
17:15-18:15	CDR	Physical Exercise (VELO), day 3
17:50-17:55	FE-5	Connecting Rack Umbilical
18:15-18:35		Work Prep
18:35-19:00	•	Daily Planning Conference (S-band)

19:00-19:30		Work Prep
19:30-21:30	CDR,FE-2, FE-3	Presleep (dinner, daily food prep, evening toilet)
19:30-21:05	FE-5	
19:30-19:45	FE-1	Private Family Conference (Ku+S-band)
19:45-21:30	FE-1	Presleep (dinner, daily food prep, evening toilet)
19:30-21:30	FE-4	
21:05-21:20	FE-5	Private Family Conference (Ku+S-band)
21:20-21:30	FE-5	Presleep (dinner, daily food prep, evening toilet)
21:30-06:00		SLEEP
Task List	FE-3	SEINER Ocean Observations

Notes:

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