CREW OFF DUTY

GMT	CREW	ACTIVITY
06:00-06:10	CDR	Morning Inspection. SM ΠCC [Caution & Warning Panel] Test
06:00-06:10	FE-1,FE-4 , FE-5,FE-6	Morning Inspection
06:00-06:10	FE-3	SOLO SLAMMD Prep
06:10-06:40	CDR,FE-1,FE-4, FE-5,FE-6	Post-sleep
06:10-06:20	FE-3	SOLO Body Mass Measurement
06:20-06:30	FE-3	SOLO - SLAMMD Equipment Stowage
06:30-07:05	FE-3	Post-sleep
06:40-07:30	CDR,FE-1,FE-4, FE-5,FE-6	BREAKFAST
07:05-08:00	FE-3	BREAKFAST
07:30-07:35	FE-6	WHC Pump/Separator Inspection
09:00-10:30	FE-1	Physical Exercise (ARED)
09:05-09:20	FE-5	Private Family Conference
09:30-10:30	FE-6	Physical Exercise (CEVIS)
10:30-11:30	FE-3	Physical Exercise (CEVIS)
10:30-11:30	FE-4	Physical Exercise (ARED)
11:30-13:00	CDR	Physical Exercise (TVIS), Day 3
11:30-13:00	FE-3	Physical Exercise (ARED)
12:45-12:50	FE-5	ISSAC Lab Window Shutter Open
13:00-14:00		LUNCH
14:00-14:05	FE-6	WHC Pump/Separator Inspection
14:00-14:15	FE-1	Private Family Conference (S+Ku-band)
14:00-14:40	CDR	СОЖ Maintenance. SM and FGB Flush Counter (СП), Water Supply System (СВО), and POTOK Air Purification System Data Calldowns
14:00-14:10	FE-3	SOLO - Retrieval of PCBA Pouch from MELFI
14:30-14:45	FE-3	Private Family Conference
14:40-15:30	FE-4	RADIOSKAF. Hardware Deactivation and Closeout. <i>Tagup with</i> specialists
15:35-17:05	FE-4	Physical Exercise (TVIS), Day 4
15:35-17:05	FE-5	Physical Exercise (ARED)
16:40-17:40	FE-1	Physical Exercise (TVIS), Day 3
17:05-18:05	FE-5	Physical Exercise (CEVIS)
17:05-18:35	FE-6	Physical Exercise (ARED)
17:35-18:35	CDR	Physical Exercise (VELO), Day 3
18:05-18:15	FE-5	Transfer HRM data from the MEC to SSC for downlink
18:30-18:35	FE-5	ISSAC Lab Window Shutter Close
18:30-18:35	FE-3	SOLO Daily Diet Monitoring
18:35-19:05	CDR,FE-1,FE-4 , FE-3,FE-6	Evening Work Prep
18:35-18:40	FE-6	WHC Pump/Separator Inspection

18:40-19:05	FE-6	Evening Work Prep
19:05-19:30		Daily Planning Conference (S-band)
19:30-21:30		Pre-sleep
21:30-06:00		SLEEP
Task List	CDR,FE-1,FE-4	Preparation of reports for Roskosmos site
		URAGAN. Observations and Photography
		SEINER Ocean Study
		ECON. Observations and Photography
	CDR	CKK Cassette Photography

Notes:

- SM Window #9 shutter opening is at crew discretion w/ Report to MCC
 See OSTP for references to US activities
- 3. Pre-sleep ops: dinner, daily food prep, evening toilet End of Radiogram