

**CREW OFF DUTY**

GMT	CREW	ACTIVITY
06:00-06:10	CDR, <b>FE-1</b>	Morning Inspection
06:00-06:05	<b>FE-2</b>	Elektron-VM Aerosol Filter Inspection
06:05-06:10		Morning Inspection
06:10-06:40		Post-sleep
06:40-07:30		BREAKFAST
07:30-10:30	CDR	Weekly Housekeeping
07:30-10:30	<b>FE-1, FE-2</b>	Weekly Housekeeping SM Ventilation Subsystem Preventive Maintenance, Group E; FGB LCB2 Fan Cleaning Fungistat Treatment БМП (Harmful Contaminants Removal System) Fan Grille Cleaning
10:30-12:00	<b>FE-1</b>	Physical Exercise (TVIS), Day 3
11:10-12:10	<b>FE-2</b>	Physical Exercise (VELO), Day 3
12:10-12:40		Weekly Planning Conference ( <i>S-band</i> )
13:05-14:05		LUNCH
14:40-15:20	<b>FE-2</b>	COX Maintenance
14:45-14:55	CDR	Vehicle Cabin Atmosphere Module (VCAM) Internal Helium Valve 2 Open
15:30-16:30	<b>FE-1</b>	Physical Exercise (VELO), Day 3
16:25-16:40	<b>FE-2</b>	Private Psychological Conference ( <i>VHF</i> )
16:40-18:10		Physical Exercise (TVIS), Day 3
17:00-18:00	CDR	Physical Exercise T 2
18:00-19:30		Physical Exercise (ARED)
18:00-18:15	<b>FE-1</b>	Private Psychological Conference ( <i>VHF</i> )
18:10-18:15	<b>FE-2</b>	Elektron-VM Aerosol Filter Inspection
19:30-21:30		Pre-sleep
21:30-06:00		SLEEP
<b>Task List</b>	<b>FE-1</b>	SEINER Ocean Observations
	<b>FE-2</b>	URAGAN. Observations and Photography
	<b>FE-1, FE-2</b>	ECON. Observations and Photography

**Notes:**

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