

CREW OFF DUTY

TIME	CREW	ACTIVITY
06:00-06:10	CDR	Morning Inspection Laptop RS2(1) Reboot
06:00-06:10	FE-4,FE-5, FE-6	Morning Inspection
06:00-06:10	FE-2	Morning Inspection RSS1, RSS2 Reboot
06:00-06:05	FE-3	PROK. Urine PH-test
06:05-06:25	FE-3	HRF- urine sampling and sample analysis
06:10-06:40	CDR,FE-2, FE-4,FE-5, FE-6	Post-sleep
06:25-06:35	FE-3	HRF- urine samples stow in MELFI
06:35-06:45	FE-3	Morning Inspection
06:40-07:30	FE-4	Breakfast SM ПСС (Caution & Warning Panel) Test (after breakfast)
06:40-07:30	CDR,FE-2, FE-5,FE-6	Breakfast
06:45-07:15	FE-3	Post-sleep
07:15-08:05	FE-3	Breakfast
08:50-10:00	FE-2	Physical Exercise - ARED
10:00-10:30	FE-2	SLS. Copying of data from RSE-LCS to RSS2 laptop and downlink
10:00-11:30	FE-3	Physical Exercise - ARED
10:15-10:30	CDR	Private Family Conference (<i>Ku+S-band on SG2, SG1 - backup</i>)
10:45-11:00	FE-2	Private Family Conference (<i>Ku+S-band on SG2, SG1 - backup</i>)
11:30-11:50	FE-3	HRF- urine sampling and sample analysis
11:30-13:00	CDR	Physical Exercise - BD-2 -3
11:30-13:00	FE-4	Physical Exercise - ARED
11:50-11:55	FE-3	HRF- urine samples stow in MELFI
12:05-12:20	FE-5	Private Medical Conference
13:00-14:00	.	Midday Meal
14:00-14:50	CDR,FE-2, FE-4	Video Footage for Kamchia Center
14:00-14:15	FE-6	Private Medical Conference
14:15-14:20	FE-3	PROK. Food questionnaire registry
14:40-14:50	FE-3,FE-5, FE-6	EMU Purification cartridge regeneration - termination
14:50-15:30	FE-2	[COЖ] Maintenance. Collection of Data on [CBO], [CFO], [ACY] Counter, Potok in SM and FGB
14:50-15:00	FE-6	EMU Purification cartridge regeneration - start
14:55-15:10	FE-5	Private Family Conference
15:00-15:20	FE-3	HRF- urine sampling and sample analysis
15:20-15:25	FE-3	HRF- urine samples stow in MELFI

15:25-15:35	FE-3	HRF- hardware installation
15:25-16:55	FE-6	Physical Exercise - ARED
15:30-16:50	FE-2	Physical Exercise - BD-2 -2
16:05-17:05	FE-3	Physical Exercise - T2
16:30-17:30	FE-4	Physical Exercise - BD-2 -2
16:55-18:25	FE-5	Physical Exercise - ARED
17:35-18:35	CDR	Physical Exercise - VELO-3
18:10-18:30	FE-3	HRF- urine sampling and sample analysis
18:25-18:30	FE-5	SHD. Filling-in daily headache questionnaire
18:30-18:45	FE-5	PROK- Hardware prep
18:30-18:35	FE-3	HRF- urine samples stow in MELFI
18:35-18:45	CDR,FE-2, FE-3,FE-4, FE-6	Evening work prep
18:45-19:10	.	DPC (<i>S-band</i>)
19:10-19:30	.	Evening work prep
19:30-21:30	CDR,FE-2, FE-4,FE-6	Pre-sleep
19:30-21:25	FE-3,FE-5	Pre-sleep
21:25-21:30	FE-5	REMINDER. Diet control
21:25-21:30	FE-3	REMINDER – reminders reading
21:30-06:00	.	Sleep
Task List	CDR,FE-4	ECON-M. Observation and photography
	FE-2	SEYNER. World Ocean study
		PCПИ. Prepare photo/video data on RSS2 for downlink via PCПИ
	CDR,FE-2	URAGAN. Observation and photography
	CDR,FE-2, FE-4	Prepare reports for Roskosmos web-site

Comments:

1. Window shutter #9 opening will be at crew discretion on **Go from MCC**
2. Refer to OSTP for the missing USOS activity links
3. Pre-sleep: evening meal, food preparation, evening hygiene
- 4. Russian crew shall use US exercisers in strict compliance with F24 or OSTPV.**

End of r/g