

**CREW OFF DUTY**

TIME	CREW	ACTIVITY
06:00-06:10	CDR, <b>FE-4</b> , FE-6	Morning Inspection
06:00-06:10	<b>FE-1</b>	Morning Inspection. Reboot Laptop RS2(1)
06:00-06:10	<b>FE-2</b>	Morning Inspection. RSS1, RSS2 Reboot
06:00-06:05	FE-3	PROK - Urine Spot Test
06:10-06:40	CDR, <b>FE-1</b> , <b>FE-2</b> , <b>FE-4</b> , FE-6	Post-sleep
06:40-07:30	CDR, <b>FE-1</b> , <b>FE-2</b> , FE-6	BREAKFAST
06:40-07:30	<b>FE-4</b>	BREAKFAST. SM ПСС (Caution & Warning Panel) Test (after breakfast)
06:50-07:10	FE-3	HRF Urine Sample Insertion Into MELFI
07:10-07:20	FE-3	Morning Inspection
07:20-07:50	FE-3	Post-sleep
07:30-07:40	<b>FE-2</b>	CASKAD. Manual Mixing in Bioreactor
07:50-08:40	FE-3	BREAKFAST
08:20-09:20	<b>FE-2</b>	Physical Exercise (ARED)
09:20-10:50	FE-3	Physical Exercise (ARED)
09:25-09:35	<b>FE-1</b>	Equipment setup for PAO
09:35-09:45	<b>FE-1</b> , <b>FE-2</b> , <b>FE-4</b>	Crew preparation for PAO
09:45-10:05	<b>FE-1</b> , <b>FE-2</b> , <b>FE-4</b>	<b>TV (Б-Ц)</b> TV greeting ( <i>Ku+S-band</i> )
09:50-10:50	CDR	Physical Exercise T2
10:05-11:05	<b>FE-1</b>	Physical Exercise (VELO), Day 3
10:45-11:00	<b>FE-4</b>	Private Family Conference ( <i>Ku + S-band</i> )
11:15-11:25	<b>FE-1</b> , <b>FE-2</b> , <b>FE-4</b>	Crew preparation for PAO
11:25-11:50	<b>FE-1</b> , <b>FE-2</b> , <b>FE-4</b>	<b>TV (Б-Ц)</b> TV responses in the context of "Questions to Cosmonaut" event ( <i>Ku+S-band</i> )
11:30-13:00	CDR	Physical Exercise (ARED)
12:00-13:00	<b>FE-4</b>	Physical Exercise (TVIS), Day 4
12:20-12:35	<b>FE-1</b>	Private Psychological Conference ( <i>VHF</i> )
12:20-12:35	CDR	Private Family Conference
12:55-13:55	<b>FE-2</b>	LUNCH
13:00-14:00	CDR, <b>FE-1</b> , FE-3, <b>FE-4</b> , FE-6	LUNCH
13:55-14:10	<b>FE-2</b>	Private Psychological Conference ( <i>VHF</i> )
14:00-14:05	FE-3	PROK - Diet Log (Day 2-4)
14:00-14:40	<b>FE-4</b>	COЖ Maintenance. <b>SM and FGB CBO, CГО, СПКУ АСУ Counter, ПОТОК Air Purification System Data Calldowns</b>
14:10-14:40	FE-3	HRF Urine Sample Collection
14:40-14:55	FE-3	HRF Urine Sample Insertion Into MELFI
14:55-15:15	FE-3	HRF – setup for blood sample collection

15:25-15:40	<b>FE-4</b>	Private Psychological Conference ( <i>VHF</i> )
15:30-17:00	<b>FE-2</b>	Physical Exercise (TVIS), Day 2
15:35-15:50	FE-6	Private Family Conference
15:40-17:10	<b>FE-4</b>	Physical Exercise (ARED)
16:05-17:05	FE-3	Physical Exercise T2
16:10-17:10	FE-6	Physical Exercise (CEVIS)
17:00-18:30	<b>FE-1</b>	Physical Exercise (VELO), Day 3
17:10-18:40	FE-6	Physical Exercise (ARED)
18:00-18:25	FE-3	HRF Urine Sample Collection
18:25-18:35	FE-3	HRF Urine Sample Insertion Into MELFI
18:25-18:55	<b>FE-2</b>	Evening Work Prep
18:35-19:05	CDR, <b>FE-1</b> , FE-3, <b>FE-4</b>	Evening Work Prep
18:40-19:05	FE-6	Evening Work Prep
18:55-19:05	<b>FE-2</b>	CASKAD. Manual Mixing in Bioreactor
19:05-19:30	.	Daily Planning Conference ( <i>S-band</i> )
19:30-21:30	CDR, <b>FE-1</b> , <b>FE-2</b> , <b>FE-4</b> , FE-6	Pre-sleep
19:30-19:45	FE-3	Private Family Conference
19:45-21:25	FE-3	Pre-sleep
21:25-21:30	FE-3	REMINDER - Review
21:30-06:00	.	SLEEP
<b>Task List</b>	<b>FE-1, FE-4</b>	ECON-M. Observations and Photography
	<b>FE-4</b>	URAGAN. Observations and Photography
	<b>FE-2</b>	SEINER Ocean Observations
	<b>FE-1, FE-2, FE-4</b>	Preparation of reports for Roskosmos site

**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: daily food prep, dinner, pre-sleep
  4. **Russian crew uses US exercise equipment strictly per F24 or OSTPV**
- End of Radiogram