## **CREW OFF DUTY**

GMT	CREW	ACTIVITY
06:00-06:10		Morning Inspection
06:10-06:40		Post-Sleep
06:40-07:30		BREAKFAST
09:35-10:35	CDR	Physical Exercise (ARED)
10:00-10:15	FE-5	Private Family Conference (Ku+S-band)
10:30-11:30	FE-3	Physical Exercise (VELO) day 1
10:35-11:50	FE-2	Physical Exercise (ARED)
10:50-11:50	FE-4	Physical Exercise (CEVIS)
11:30-12:30	CDR,FE-3	On MCC GO Install Progress 402 Docking Mechanism
11:50-13:05	FE-2	Physical Exercise (CEVIS)
11:50-13:20	FE-4	Physical Exercise (ARED)
13:00-13:15	FE-3	Private Family Conference (Ku+S-band)
13:15-13:20		On MCC GO ISS N2 repress from the 2nd section of Progress 402 CpΠK (start)
13:20-14:20		LUNCH
14:20-14:25		ISS N2 repress from Progress 402 CpΠK Section 2 (terminate)
14:25-15:05	FE-3	СОЖ Maintenance. Flush Counter (СП), Water Supply System (СВО), POTOK Air Purification System Data Calldowns for SM and FGB
14:50-15:05	FE-2	Private Family Conference (Ku+S-band)
14:55-15:55	FE-1	Physical Exercise (CEVIS)
15:20-16:50	FE-5	Physical Exercise (ARED)
15:50-16:50	FE-3	Physical Exercise (TVIS) day 1
15:50-16:15	CDR	TV (ISS-MCC) TV greeting to E. V. Obraztsova on her birthday (To=15:48, T1,T2,T3 from CΠΠ)
15:55-16:10	FE-1	Private Psychological Conference (S-band)
16:25-16:40	FE-4	Private Family Conference (Ku+S-band)
16:45-18:15	FE-1	Physical Exercise (ARED)
16:50-17:50	FE-5	Physical Exercise (CEVIS)
	CDR	Physical Exercise (TVIS) day 2
16:50-17:20	FE-3	Hygiene Procedures
17:50-17:55	FE-5	Connecting Rack Umbilical
17:50-18:20	CDR	Hygiene Procedures
18:20-19:10		Evening Work Prep
19:10-19:35		Daily Planning Conference (S-band)
19:35-21:30	CDR,FE-2, FE-3,FE-4, FE-5	Pre-sleep
19:35-20:50		
20:50-21:05	FE-1	Private Family Conference (Ku+S-band)
21:05-21:30		Pre-sleep
21:30-06:00		SLEEP

Task List	CDR	ECON. Observations and Photography
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## Notes:

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