CREW OFF DUTY

GMT	CREW	ACTIVITY
06:00-06:10		Morning Inspection
06:10-06:40		Post-sleep
06:40-07:30	FE-4	BREAKFAST SM ПСС [Caution & Warning Panel] Test (after breakfast)
06:40-07:30	CDR,FE-5	BREAKFAST
10:15-11:30	CDR	Physical Exercise T 2
10:15-11:45	FE-4	Physical Exercise (TVIS), Day 1
10:30-11:30	FE-5	Physical Exercise (CEVIS)
11:30-13:00	FE-5	Physical Exercise (ARED)
12:20-12:35	FE-4	Telephone Conference with Rossiyskiy Cosmos Magazine Editor (S-band)
13:00-14:00		LUNCH
14:00-14:10	FE-5	Human Research Facility (HRF-2) Stowage Removal from in Front of the HRF 2 Rack Location
14:00-14:40	FE-4	СОЖ Maintenance. Flush Counter (СП), SVO, POTOK Air Purification System Data Calldowns
14:10-15:00	FE-5	ICV Monitoring Prep
14:40-14:55	FE-4	PLANTS-2. Watering
15:30-16:30	FE-4	Physical Exercise (VELO), Day 1
15:40-15:45	FE-5	MSPR Components Activation
15:45-16:30	FE-5	MSPR - Video Compression and Recording Unit (VRU) Checkout 1
15:55-17:10	CDR	Physical Exercise (ARED)
16:30-17:20	FE-4	RELAXATION Hardware Setup. Tagup with specialists (S-band)
16:45-17:35	FE-5	MSPR - Video Compression and Recording Unit (VRU) Checkout 2
18:00-19:00	CDR	Evening Work Prep
18:10-18:15	FE-5	SAMS - ICU Activation
18:15-19:00	FE-4 ,FE-5	Evening Work Prep
19:00-19:15		Daily Planning Conference (S-band)
19:15-19:30	CDR	Private Family Conference
19:15-19:30	FE-4 ,FE-5	Evening Work Prep
19:30-21:30	CDR, FE-4	Pre-sleep
19:30-20:45	FE-5	Pre-sleep
20:45-21:00	FE-5	Private Family Conference
21:00-21:30	FE-5	Pre-sleep
21:30-06:00		SLEEP
Task List	FE-4	SEINER Ocean Observations
		PLANTS-2. Water Tank Refill
		Preparation of reports for Roskosmos site

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