## **CREW OFF DUTY**

GMT	CREW	ACTIVITY
06:00-06:05	FE-1	PLASMA CRYSTAL-3. Turbo-pump activation
06:00-06:10	CDR	Morning inspection
06:05-06:10	FE-1	
06:10-06:40		Post-sleep
06:40-07:30		BREAKFAST
09:00-10:30	CDR	Physical Exercise (RED)
10:30-11:30	ODK	Physical Exercise (TVIS)
10:50-11:10	FE-1	Private family conference TV MCC-ISS-MCC (from MCC-M) (Ku+S-band)
11:30-13:00		Physical exercise (TVIS), day 3
12:55-13:00	CDR	Calldown of TEPC display data
13:00-14:00		LUNCH
16:20-16:35	CDR	Private psychological conference (S-band)
16:45-17:15	FE-1	СОЖ maintenance (Calldown of CBO and СП counter data)
17:15-18:15	- I - I	Physical exercise (VELO+Load Trainer/Cycle 1), day 3
18:15-18:45		Daily plan review
18:45-19:00		Report prep
19:00-19:15		Daily planning conference (S-band)
19:15-19:30	•	Report prep
19:30-20:00		DINNER
20:00-20:30		Daily food prep
20:30-21:25	FE-1	Pre-sleep
20:30-20:45	CDR	Private family conference (Ku + S -band)
20:45-21:30		Pre-sleep
21:25-21:30	FE-1	PLASMA CRYSTAL-3. Turbo-pump deactivation
21:30-06:00		SLEEP
Task List	FE-1	Plants. Payload status check
		URAGAN Observation and photo imagery
		DIATOMIA. World ocean observations
		PULSE. Experiment ops
		Copy data from the Payload Server [БСПН] to a flash card via ISS WIENER
		PLASMA CRYSTALL Software upgrade

Note: See OSTP for references to US activities.

End of radiogram