

**CREW OFF DUTY**

GMT	CREW	ACTIVITY
06:00-06:10	FE-5, FE-6	Morning Inspection
06:00-06:05	CDR	Elektron-VM System Monitoring
06:05-06:10		Morning Inspection
06:10-06:15	FE-5	MO-9. Visual Assessment of Urine
06:10-06:40	CDR, FE-6	Post-sleep
06:15-06:40	FE-5	
06:40-07:30		BREAKFAST
08:10-08:25	CDR	HAM Radio Session (Star City)
09:00-09:10		PAO Hardware Setup
09:10-09:25		Crew Prep For PAO
09:25-09:40		TV Greetings ( <i>Ku + S -band</i> )
10:00-13:00		Progress 409 Transfers
10:00-12:00	FE-5	Payload Ops (at crew's discretion)
10:30-11:30	FE-6	Physical Exercise T2
11:30-13:00		Physical Exercise (ARED)
13:00-14:00		LUNCH
14:00-14:40	CDR	COX Maintenance
15:10-15:15	FE-5	Erasmus European Recording Binocular - activation
15:20-15:50		Weekly Planning Conference ( <i>S-band</i> )
15:50-17:20	FE-5	Physical Exercise (ARED)
16:30-18:00	CDR	Physical Exercise (TVIS), Day 4
17:20-18:20	FE-5	Physical Exercise T2
18:00-19:00	CDR	Physical Exercise (ARED)
19:00-19:05		Elektron-VM System Monitoring
19:30-19:35	FE-6	MPC Power Up
19:30-21:30	CDR, FE-5	Pre-sleep
19:35-21:25	FE-6	
21:25-21:30		MPC Power Down
21:30-06:00	CDR	SLEEP
21:30-21:55	FE-5, FE-6	SLEEP
21:55-22:10		Crew Discretionary Conference
22:10-06:00		SLEEP

**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
- End of Radiogram