



Crew Off-duty. ALBEDO Experiment

GMT	Crew	Activity
06:00-06:10	CDR,FE-5,FE-6	Morning Inspection.
06:00-06:10	FE-1	Morning Inspection.
06:00-06:10	FE-2	Morning Inspection. Reboot Laptop RS2(1) Visual Inspection of A3C position on БВП СО and fuses on БПП- 30, БПП-36 Report to MCC
06:00-06:10	FE-4	Morning Inspection Reboot RSS1, RSS2, БПИ Temperature Check
06:10-06:40	.	Post-sleep
06:40-07:30	FE-1	BREAKFAST. SM ПСС (C&W Panel) Test (after breakfast) /
06:40-07:30	CDR, FE-2,FE-4, FE-5,FE-6	BREAKFAST
07:30-07:40	FE-5	CRHYT. Circadian rhythm data recording
08:15-08:20	CDR	P/L – playback start
08:30-09:45	FE-2	Physical Exercise ARED
08:45-09:45	CDR	Physical Exercise CEVIS
09:35-09:45	FE-1	Check antivirus scan results on BKC laptops. Report to MCC
09:45-11:15	CDR	Physical Exercise ARED
09:45-11:15	FE-1	Physical Exercise TVIS - Day 1
10:30-10:55	FE-5	WRM – start of condensate transfer
10:30-11:30	FE-6	Physical Exercise CEVIS
11:30-13:00	FE-6	Physical Exercise ARED
12:00-13:00	FE-4	Physical Exercise TVIS - Day 4
12:45-12:50	CDR	P/L- closeout ops
13:00-14:00	.	LUNCH
14:00-14:40	FE-2	COЖ Maintenance
14:00-14:30	CDR	CSA packing
14:00-14:25	FE-5	Audiogram recording using EARQ SW
14:00-14:25	FE-6	Audiogram recording using EARQ SW
14:30-14:40	CDR	WRS – water sample analysis
15:00-15:30	FE-5	WRM – end of condensate transfer
15:30-16:45	FE-2	Physical Exercise TVIS - Day 4
15:30-17:00	FE-5	Physical Exercise ARED
16:40-16:50	CDR	TOCA 2 – data recording
16:45-17:45	FE-1	Physical Exercise VELO – Day 1
17:00-18:00	FE-5	Physical Exercise T2
17:25-18:55	FE-4	Physical Exercise ARED
18:15-18:30	CDR	Private Family Conference
18:40-18:55	FE-6	JRNL- journal entry
18:55-19:10	CDR	JRNL- journal entry

18:55-19:15	FE-1,FE-2,FE-4,FE-6	Evening Work Prep
19:10-19:30	CDR,FE-5	Evening Work Prep
19:15-19:30	FE-1,FE-2,FE-4	Daily Planning Conference (<i>S-band</i>)
19:15-20:00	FE-6	Pre-sleep
19:30-19:35	CDR	P/V playback start
19:30-21:30	FE-1,FE-2,FE-4,	Pre-sleep
19:30-21:25	FE-5	Pre-sleep
19:35-21:25	CDR	Pre-sleep
19:50-20:05	FE-6	Private Family Conference
20:05-21:30	FE-6	Pre-sleep
21:25-21:30	CDR	P/V playback stop
21:25-21:40	FE-5	Private Family Conference
21:30-06:00	CDR, FE-1,FE-2,FE-4 ,FE-6	SLEEP
21:40-06:00	FE-5	Sleep
Task List	FE-1,FE-2,FE-4	Reports prep for Roskosmos site
		ECON-M. Observations and Photography
		URAGAN Observations and Photography

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