CREW OFF DUTY

GMT	CREW	ACTIVITY
06:00-06:05	FE-5	Urine Spot Test
06:00-06:10	CDR,FE-2 , FE-3,FE-6	Morning Inspection
06:00-06:05	FE-1	Elektron-VM System Monitoring
06:05-06:10	FE-1 ,FE-5	Morning Inspection
06:10-06:40		Post-sleep
06:40-07:30	FE-1,FE-2 , FE-3,FE-5,FE-6	BREAKFAST
06:40-07:15	CDR	BREAKFAST
07:15-07:30	CDR	CP Laptop Temperature Check. <i>Tagup with specialists (S-band) / r/g</i> 6119, steps 11,12
07:30-09:30	FE-6	Weekly Housekeeping
07:30-10:30	FE-3,FE-5	
07:30-10:30	FE-1	Weekly Housekeeping
07:30-09:00	CDR	SM Ventilation System Preventive Maintenance, Group E
07:30-09:30	FE-2	FGB ЦВ2 Fan Cleaning/ FGB Systems Ops, 4.3.2, step 2, p. 4-7
09:00-10:30	CDR	Physical Exercise (T2) Day 1
09:30-10:30	FE-2	Physical Exercise (ARED)
09:35-10:25	FE-6	Weekly Housekeeping
10:25-11:25	FE-6	Physical Exercise T 2
10:30-11:30	CDR	Physical Exercise (ARED)
10:30-11:30	FE-2	Weekly Housekeeping SM Ventilation System Preventive Maintenance, Group E FGB ЦВ2 Fan Cleaning / FGB Systems Ops, 4.3.2, step 2, p. 4-7
10:30-10:35	FE-3	MPC Power Up
10:30-11:30	FE-1	Physical Exercise (VELO), Day 2
10:55-11:05	FE-5	HAM Radio Setup in Columbus
11:05-11:20	FE-5	ISS HAM Radio Session from SM
11:25-12:25	FE-5	Physical Exercise T 2
11:30-12:30	CDR	Weekly Housekeeping SM Ventilation System Preventive Maintenance, Group E FGB ЦВ2 Fan Cleaning / FGB Systems Ops, 4.3.2, step 2, p. 4-7 Potok-150MK Air Purification System Pre-filter Cleaning in SM and FGB (no earlier than 12:00)
11:30-13:00	FE-6	Physical Exercise (ARED)
11:30-11:45	FE-1	Private Family Conference
12:25-12:35	FE-5	HAM Radio Setup in Columbus
12:30-12:55	CDR,FE-1,FE-2	ISS-MCC TV TV Greetings to Veterans of the Great Patriotic War (To=12:33, T1,T2,T3 from Daily Flight Program (CΠΠ))
12:35-12:50	FE-5	ISS HAM Radio Session from SM
13:00-13:30		Weekly Planning Conference (S-band)
13:30-14:30	CDR,FE-1,FE-2 , FE-3,FE-5	LUNCH

13:35-14:35	FE-6	LUNCH
14:30-14:35	FE-5	PROK Diet Logging (Day 2-4)
14:30-15:10	FE-1	СОЖ Maintenance
14:30-15:15	FE-2	ASEPTIC Sample Photography And Stowage / r/g 6144
14:40-14:55	FE-5	Private Family Conference
15:00-15:05	FE-3	MPC Powerdown
15:05-15:15	CDR	PAO Hardware Setup
15:15-15:25	CDR,FE-1,FE-2	Crew Prep for PAO
15:25-15:45	CDR,FE-1,FE-2	TV Greetings (Ku+S-band)
15:45-16:15	FE-2	ASEPTIC Photo Edit and Downlink / r/g 6144
16:30-18:00	FE-3	Physical Exercise (ARED)
17:00-17:10	FE-6	HAM Radio Setup in Columbus
17:00-18:30	FE-1	Physical Exercise (T2) Day 2
17:10-17:25	FE-6	ISS HAM Radio Session from SM
17:40-18:00	FE-5	HRF Hardware Setup for Urine Collection
18:00-19:00	FE-3	Physical Exercise (CEVIS)
18:00-19:30	FE-2	Physical Exercise (T2) Day 2
18:00-19:30	FE-5	Physical Exercise (ARED)
19:00-19:05	FE-1	Elektron-VM System Monitoring
19:30-21:30		Pre-sleep
21:30-06:00		SLEEP
Task List	CDR,FE-1,FE-2	Preparation of reports for Roskosmos site / r/g 6011
	CDR	ECON. Observations and Photography
	FE-1	URAGAN. Observations and Photography

Notes:

- SM Window #9 shutter opening is at crew discretion w/ Report to MCC / r/g 6057
 See OSTP for references to US activities
 Pre-sleep ops: daily food prep, dinner, pre-sleep
 End of Radiogram