## **CREW OFF DUTY**

GMT	CREW	ACTIVITY
06:00-06:10	CDR, <b>FE-1,</b> <b>FE-2</b> ,FE-5	Morning Inspection
06:00-06:05	FE-4	Elektron-VM Aerosol Filter Inspection
06:05-06:10		Morning Inspection
06:10-06:40	CDR, <b>FE-1,FE-2,</b> <b>FE-4</b> ,FE-5	Post-sleep
06:25-07:05	FE-6	
06:40-07:30	CDR, <b>FE-1,FE-2,</b> <b>FE-4</b> ,FE-5	BREAKFAST
07:05-07:55	FE-6	
08:30-08:40	FE-5	Stow Earlier Installed Formaldehyde Monitoring Kit (FMK)
09:25-09:35	FE-2	Terminate 825M3 charging, remove from charger
10:00-11:00	FE-4	Physical Exercise (ARED ) Day 4
10:00-11:30	FE-1	Physical Exercise (TVIS), Day 3
10:30-10:45	FE-5	Private Family Conference
10:30-11:30	CDR	Physical Exercise T 2
11:00-12:00	FE-6	Physical Exercise (CEVIS)
11:00-12:30	FE-4	Physical Exercise (TVIS), Day 4
11:30-13:00	CDR	Physical Exercise (ARED)
12:00-13:00	FE-5	Physical Exercise T 2
12:00-13:00	FE-2	Physical Exercise (VELO), Day 3
12:30-12:45	FE-4	Private Family Conference (Ku+S-band)
13:00-14:00		LUNCH
14:00-16:00	FE-1	Stow US disposal items in Progress 408
14:00-14:40	FF 0	СОЖ Maintenance
15:20-16:50	FE-2	Physical Exercise (TVIS), Day 3
15:40-17:10	FE-5	Physical Exercise (ARED)
16:35-16:50	CDR	Private Family Conference
16:50-17:50	FE-1	Physical Exercise (VELO), Day 3
17:10-18:40	FE-6	Physical Exercise (ARED)
17:50-18:00	FE-1	PAO Hardware Setup
17:55-18:00	FE-4	Elektron-VM Aerosol Filter Inspection
18:00-18:15	FE-1,FE-2,FE-4	Crew Prep for PAO
18:15-18:40		TV PAO. Answers to questions from citizens of Kirov (Ku+S-band)
18:40-19:05		Daily Planning Conference (S-band)
19:05-19:30		Evening Work Prep
19:30-21:20	FE-4	
19:30-21:30	CDR, <b>FE-1,FE-2</b> , FE-5	Pre-sleep
19:30-21:15	FE-6	
21:15-21:30	FE-6	Private Family Conference

21:20-21:30	FE-4	SONOCARD Experiment Start
21:30-06:00		SLEEP

## Notes:

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