CREW OFF DUTY. ACH [SATELLITE NAVIGATION SYSTEM] CONFIGURATION FOR ATV OPERATIONS

GMT	CREW	ACTIVITY
06:00-06:20	FE-2	Nutrition: urine collection, FE2
06:00-06:10	CDR,FE-1	Morning Inspection
06:10-06:40		Post-sleep
06:20-06:25	FE-2	Nutrition: urine sample insertion in MELFI
06:25-06:35		Morning Inspection
06:35-07:05		Post-sleep
06:40-07:30	CDR,FE-1	BREAKFAST
07:05-07:55	FE-2	BREAKFAST
07:30-10:30	FE-1	Weekly Cleaning Cleaning BПхО, ФС5, ФС6, ФС9 (ВДПрК), ВПрК, DC1 B3, FGB ЦВ2 Fan Grilles
07:30-10:10	CDR FE-2	Weekly Cleaning
07:55-10:55		
10:10-11:10	CDR	Physical Exercise (CEVIS)
10:35-10:55	FE-1	Private Family Conference (Ku + S-band)
10:55-11:55	FE-2	Physical Exercise (TVIS)
11:10-12:40	CDR	Physical Exercise (RED)
11:40-12:40	FE-1	Physical Exercise (TVIS), day 2
11:55-12:15	FE-2	Nutrition- stowage of urine collection kit
12:40-13:40	CDR,FE-1	LUNCH
13:00-14:00	FE-2	
13:40-15:00	CDR,FE-1	ATV Approach and Docking OBT - 2. Tagup with specialists (S-band)
14:30-15:05	FE-2	CW/RW - experimental container changeout
15:00-15:05	CDR	Disconnect LAB1D6 rack from LTL after CDRA Deactivation
15:15-15:30		Private Psychological Conference (VHF)
15:30-16:10	FE-1	СОЖ Maintenance
16:50-18:20		Physical Exercise (TVIS) day 2
16:50-18:20	FE-2	Physical Exercise (RED)
17:00-17:15	CDR	Private Family Conference (Ku + S-band)
18:20-19:20		Evening work prep
19:20-19:35		Daily Planning Conference (S-band)
19:35-20:05		DINNER
20:05-20:35	CDR,FE-1	Daily Food Prep
20:05-20:30	FE-2	
20:30-20:45	FE-2	Private Family Conference (Ku + S-band)
20:35-21:30	CDR,FE-1	Pre-sleep
20:45-21:30	FE-2	
21:30-06:00		SLEEP
Task List	FE-1	ТБУ (Universal Bioengineering Thermostat). Temperature check
		MATRYOSHKA-R. Monitoring Lulin-5 readings/ Medical Experiments, Book 2, 2.5.2, pp. 2-31 - 2-33

PLANTS-2. Payload Status Check and Photography
DIATOMEA. World Ocean Observations
URAGAN. Observations and Photography

Notes: 1. See OSTP for references to US activities.
2. SM Window #9 shutter opening is at crew discretion, with Report to MCC

End of Radiogram