

**CREW OFF-DUTY**

GMT	CREW	ACTIVITY
06:00-06:10	.	Morning Inspection
06:10-06:40	.	Post-sleep
06:40-07:30	.	BREAKFAST
07:30-07:35	CDR	SLEEP. Questionnaire Data Entry
07:30-07:35	FE-2	SLEEP Data Logging
09:00-10:30	FE-2	Physical Exercise (RED)
10:00-11:30	CDR	Physical Exercise (TVIS)
10:30-11:30	FE-2	Physical Exercise (CEVIS)
11:10-11:30	FE-1	Private Family Conference ( <i>Ku + S-band</i> )
11:30-13:00	FE-1	Physical Exercise (TVIS), day 1
11:55-12:00	CDR	WRS Urine Pretreat Assembly (UPA) Fill
12:00-13:00	CDR	Physical Exercise (RED)
13:00-14:00	.	LUNCH
15:45-16:00	CDR	Private Psychological Conference ( <i>Ku + S-band</i> )
16:10-16:25	FE-2	Private Psychological Conference ( <i>Ku + S-band</i> )
16:35-17:35	FE-1	Physical Exercise (VELO+RED), day 1
17:00-17:10	CDR	WRS Urine Pretreat Assembly (UPA) Fill
17:35-18:15	FE-1	COX Maintenance. <b><i>Flush Counter (CП), Water Supply System (CBO), POTOK Air Purification System Data Calldowns</i></b>
18:15-18:25	.	Evening Work Prep
18:25-18:40	.	Daily Planning Conference ( <i>S-band</i> )
18:40-19:30	.	Evening Work Prep
19:30-20:45	CDR	Presleep (dinner, daily food prep, evening toilet)
19:30-21:30	FE-1,FE-2	Presleep (dinner, daily food prep, evening toilet)
20:45-21:00	CDR	Private Family Conference ( <i>Ku + S-band</i> )
21:00-21:30	CDR	Presleep (dinner, daily food prep, evening toilet)
21:30-06:00	.	SLEEP
<b>Task List</b>	FE-1	PLANTS-1. Payload Status Check
		DIATOMEA. World Ocean Observations
		ECON. Observations and photography
		OBSTANOVKA. Locating experiment hardware

**Notes:**

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

End of Radiogram