

CREW OFF-DUTY

TIME	CREW	ACTIVITY
06:00-06:05	CDR	REMINDER – reminder review
06:00-06:10	FE-1	Morning inspection. RSS1,2 reboot
06:00-06:10	FE-2	Morning inspection. Laptop RS1(2) reboot
06:00-06:10	FE-4,FE-5	Morning inspection
06:00-06:05	FE-6	REMINDER - reading reminder
06:05-06:20	FE-6	HRF - sampling and sample stow
06:05-06:25	CDR	HRF. Taking urine samples
06:10-06:40	FE-1,FE-2, FE-4,FE-5	Post-sleep
06:20-06:25	FE-6	HRF- sample insertion in MELFI
06:25-06:30	CDR	HRF- sample insertion in MELFI
06:25-06:45	FE-6	HRF. Taking urine samples
06:30-06:40	CDR	Morning inspection
06:40-07:30	FE-2,FE-4, FE-5	Breakfast
06:40-07:30	FE-1	Breakfast. ПСС SM testing
06:40-07:10	CDR	Post-sleep
06:45-06:50	FE-6	HRF- sample insertion in MELFI
06:50-07:00	FE-6	Morning inspection
07:00-07:30	FE-6	Post-sleep
07:10-08:00	CDR	Breakfast
07:30-08:20	FE-6	Breakfast
08:05-08:25	CDR	HRF. Taking urine samples
08:25-08:30	CDR	HRF- sample insertion in MELFI
08:30-10:00	CDR	EXERCISE ARED
10:00-11:00	FE-5	EXERCISE T2
10:00-11:00	CDR	EXERCISE CEVIS
10:00-11:30	FE-2	EXERCISE ARED
10:10-10:25	FE-1	Private family conference(Ku+S-band)
11:10-11:25	FE-6	Private family conference
11:30-13:00	FE-6	EXERCISE ARED
12:00-13:00	FE-4	EXERCISE БД-2 -4
13:00-14:00	.	Lunch
14:00-14:40	FE-1	COЖ maintenance. Data downlink from CBO, CГО, CПKY ACY counter, YOB "Potok" in SM and FGB
14:00-14:20	FE-6	HRF. Taking urine samples
14:20-14:25	FE-6	HRF- sample insertion in MELFI
14:25-14:40	FE-5	Private family conference
15:00-15:15	CDR	VEG-01- water filling for plant irrigation

15:30-16:30	FE-2	EXERCISE БД-2 -4
15:40-17:10	FE-5	EXERCISE ARED
16:10-17:10	FE-1	EXERCISE VELO -1
16:45-17:00	FE-2	Private family conference(<i>Ku+S-band</i>)
17:10-18:40	FE-4	EXERCISE ARED
17:10-17:20	FE-5	CIR - hw fam session
17:10-18:40	FE-1	EXERCISE БД-2 -1
17:20-17:30	FE-6	HRF- hw installation
17:30-17:50	FE-6	HRF. Taking urine samples
17:50-17:55	FE-6	HRF- sample insertion in MELFI
18:30-19:30	FE-6	EXERCISE T2
18:40-19:10	FE-1,FE-2, FE-4	Evening work prep
19:10-19:25	FE-1,FE-2, FE-4	DPC (<i>S-band</i>)
19:25-19:30	FE-1,FE-2, FE-4	Evening work prep
19:30-20:00	CDR	Pre-sleep
19:30-21:30	FE-1,FE-2, FE-4,FE-5	Pre-sleep
19:30-21:20	FE-6	Pre-sleep
20:00-20:15	CDR	Private Family Conference
20:15-21:25	CDR	Pre-sleep
21:20-21:25	FE-6	REMINDER- reading reminder
21:25-21:30	CDR,FE-6	REMINDER- reading reminder
21:30-06:00	.	Sleep
Task List	FE-1,FE-2	Onboard testing of СПО МИС
	FE-1,FE-2, FE-4	Prepare features for Roskosmos web-site
		EKON-M. Observation and photography

Comments:

1. Window shutter #9 opening will be at crew discretion and **report to MCC**
 2. Pre-sleep: evening meal, food preparation, evening hygiene
 3. Refer to OSTP for the missing USOS activity links
 4. Russian crew shall use US exercisers in strict compliance with F24 or OSTPV.
- End of r/g