

CREW OFF DUTY

GMT	CREW	ACTIVITY
06:00-06:20	FE-2	Repository Urine Collection
06:00-06:10	CDR,FE-1	Morning inspection
06:10-06:40		Post-sleep
06:20-06:25	FE-2	MELFI Urine Sample Insertion
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	
07:30-08:30	CDR	Physical Exercise (TVIS)
07:55-08:15	FE-2	Repository Blood Sample Hardware Stow
08:30-10:00	CDR	Physical Exercise (RED)
10:25-11:55	FE-1	Physical Exercise (TVIS), day 4
11:55-12:55		Physical Exercise (VELO+RED), day 4
11:55-12:00	FE-2	Disconnect LTL jumper from LAB1D6 rack after CDRA Deactivation
12:00-13:00		Physical Exercise (CEVIS)
12:55-13:00	FE-1	On MCC Go ISS O2 repress from Progress 362 CpПK (start)
13:00-14:00	.	LUNCH
14:00-14:05	FE-1	ISS O2 repress from Progress 362 CpПK (terminate)
14:00-14:05	FE-2	BCAT-3. Camera checkout
14:20-14:35		Private Family Conference (<i>S + Ku-band</i>)
15:15-16:45		Physical Exercise (RED)
15:55-16:10	CDR	Private Family Conference (<i>S + Ku-band</i>)
16:40-16:55	CDR	Private psychological conference (<i>Ku + S-band</i>)
16:55-17:10	FE-2	
18:50-19:30	FE-1	COЖ Maintenance. <i>CBO, CП, and POTOK Air Purification System data calldown</i>
19:30-20:00	.	DINNER
20:00-20:30	.	Daily food prep
20:30-21:30	.	Pre-sleep
21:30-06:00	.	SLEEP
Task List	FE-1	ECON. Observations and Photography
		DIATOMEA. World Ocean Observations

Note: 1. See OSTP for references to US activities.

2. SM Window #9 shutter opening is at crew discretion / r/g

End of Radiogram