CREW OFF DUTY

GMT	CREW	ACTIVITY
06:00-06:10	CDR,FE-1	Morning Inspection
06:00-06:05	FE-2	Supplement Regimen
06:05-06:10		Morning Inspection
06:10-06:40		Post-sleep
06:40-06:50	FE-2	BREAKFAST
06:40-07:30	CDR,FE-1	BREARFAST
06:50-07:05	FE-2	Private Psychological Conference (Ku+S-band)
07:05-07:50		BREAKFAST
08:15-08:30	CDR	БМП Ф2 Absorption Cartridge Regeneration (start)
08:30-08:45		Private Family Conference (Ku+S-band)
08:30-09:45	FE-2	Physical Exercise (ARED)
09:10-10:10	CDR,FE-1	Progress Docking Conference (S-band)
10:15-10:55	FE-2	Ku-band TV Downlink Configuration (preparation for docking)
10:55-11:00		HAM Radio Setup
11:00-11:30	CDR,FE-1	Ku-band TV Downlink Test (preparation for docking)
11:00-11:10	FE-2	HAM Radio Session
11:30-13:00	CDR	Physical Exercise (TVIS), day 2
11:50-12:00	FE-2	Photo/TV A31P Laptop Deactivation
13:05-14:05		LUNCH
14:05-14:15	FE-2	OpsLAN MACE Server HD Replacement
14:05-14:45	CDR	СОЖ Maintenance
14:05-14:15	FE-1	TOCA S/W Upgrade
14:15-14:25	FE-2	Potable Water Dispenser (PWD) Daily Ambient Flush
14:45-15:00	CDR	Conference With Russian Cosmos Magazine Editor (S-band)
15:30-17:00	FE-1	Physical Exercise (ARED)
15:30-16:45	FE-2	Physical Exercise (TVIS)
17:00-18:00	FE-1	Physical Exercise (TVIS)
17:10-18:10	CDR	Physical Exercise (ARED)
17:30-17:45	FE-2	Crew Discretionary Conference (Ku+S-band)
18:10-18:15		Transfer TVIS, CEVIS, and HRM data to MEC
18:15-18:30		Evening Work Prep
18:30-18:45		Daily Planning Conference (S-band)
18:45-19:30		Evening Work Prep
19:30-21:15	CDR FE-1,FE-2	Presleep (dinner, daily food prep, evening toilet)
19:30-21:30		
21:15-21:30	CDR	БМП Ф2 Absorption Cartridge Regeneration (termination)
21:30-06:00		SLEEP

Task List		PILOT-M / r/g 0247
	CDR	Stow Air Ducts and Air Heater Fan [BBH] in the Stowage Bag
	CDR	Audit of СД1-7, СД1-6, СД1-5М, СР-2, СПР Lights
		Audit of Medical Locker Containers 1 and 6.

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