CREW OFF DUTY

GMT	CREW	ACTIVITY
06:00-06:10		Morning Inspection
06:10-06:40		Post-sleep
06:40-07:30	CDR, FE-2	BREAKFAST
06:40-07:30	FE-1	BREAKFAST SM TICC [Caution & Warning Panel] Test (after breakfast)
09:00-10:00	CDR	Physical Exercise (CEVIS)
09:30-09:35	FE-2	Hardware Setup for TV Downlink
09:35-09:45	FE-1,FE-2	Crew prep for TV conference
09:45-10:15	FE-1,FE-2	ISS RS Crew Participation in RF State Duma Elections. (Ku+S-band)
10:00-11:30	CDR	Physical Exercise (ARED)
10:40-10:55	FE-1	Private Family Conference (Ku+S-band)
11:30-13:00	FE-2	Physical Exercise (ARED)
11:45-12:45	FE-1	Physical Exercise T 2
12:35-13:00	CDR	On-orbit Hearing Assessment using EARQ
13:00-14:00		LUNCH
14:00-15:00	FE-1,FE-2	TVIS Frame Inspection
14:50-15:50	CDR	Educational Payload Procedure Review
15:00-15:45	FE-2	TVIS Speed Characterization
15:50-16:30	FE-1	СОЖ Maintenance. Flush Counter (СП), Water Supply System (СВО), POTOK Air Purification System Data Calldowns
15:50-16:05	CDR	EPO Camcorder Setup
16:05-16:45	CDR	EPO Sports Game Demonstration
16:30-18:00	FE-1	Physical Exercise (ARED)
16:45-16:55	CDR	Education Payload Operations Hardware Stow
16:55-17:00	CDR	MPC Payload Video Replay Start in Private Mode
17:00-18:00	FE-2	Physical Exercise T 2
18:15-19:15	FE-1,FE-2	Evening Work Prep
18:45-19:10	CDR	Evening Work Prep
19:10-19:15	CDR	MPC Payload Video Replay Terminate in Private Mode
19:15-19:30		Daily Planning Conference (S-band)
19:30-19:35	CDR	Photo/Video Replay Start
19:30-21:30	FE-1,FE-2	Pre-sleep
19:35-21:25	CDR	Pre-sleep
21:25-21:30	CDR	Photo/Video Replay Terminate
21:30-06:00		SLEEP
Task List	FE-1,FE-2	ECON. Observations and Photography
		SEINER World Ocean Observations
		URAGAN. Observations and Photography
		Preparation of Reports for Roscosos Site

Notes:

- SM Window #9 shutter opening is at crew discretion w/ Report to MCC
 See OSTP for references to US activities
 Pre-sleep ops: daily food prep, dinner, pre-sleep
 End of Radiogram