CREW OFF DUTY

GMT	CREW	ACTIVITY
06:00-06:05	CDR	Bisphosphonates Pill Ingestion
06:00-06:10	FE-1 ,FE-6	Morning Inspection
06:00-06:05	FE-5	Bisphosphonates Pill Ingestion
06:00-06:05	FE-4	Elektron-VM Aerosol Filter Inspection
06:05-06:10	CDR,FE-5, FE-4	Morning Inspection
06:10-06:40		Post-sleep
06:40-07:30		BREAKFAST
08:30-10:00	FE-5	Physical Exercise (ARED)
09:00-10:00	FE-6	Physical Exercise T 2
10:00-11:00	FE-5	Physical Exercise (CEVIS)
10:00-11:30	FE-6	Physical Exercise (ARED)
10:20-10:35	FE-1	Private Family Conference (Ku+S-band)
10:30-11:30	CDR	Physical Exercise T 2
11:25-11:40	FE-4	Private Family Conference (Ku+S-band)
11:30-13:00	FE-1	Physical Exercise (TVIS), Day 1
11:30-13:00	CDR	Physical Exercise (ARED)
13:00-14:00		LUNCH
14:00-14:40	FE-4	COЖ Maintenance. SM and FGB SVO, СП (Flush Counter), and POTOK Air Purification System Data Calldowns Inspection of CPB-K2M hoses from МФ-Р up to БРПК separator
14:10-14:40	FE-5	Start filling CWC from the Lab Condensate Tank
15:10-15:25	FE-5	Terminate filling CWC from Lab Condensate Tank
15:25-16:55	FE-4	Physical Exercise (TVIS), Day 2
16:10-17:00	FE-5	VOLSCI MD Leak Check
16:30-16:45	CDR	Private Family Conference (Ku+S-band)
16:55-17:55	FE-4	Physical Exercise (ARED)
17:00-17:35	FE-5	VOLSCI MD Core Closeout
17:00-18:00	FE-1	Physical Exercise (VELO), Day 1
17:45-18:00	FE-5	Private Family Conference (Ku+S-band)
17:55-18:00	FE-4	Elektron-VM Aerosol Filter Inspection
18:15-18:40		Evening Work Prep
18:40-19:05		Daily Planning Conference (S-band)
19:05-19:30		Evening Work Prep
19:30-21:30		Presleep (dinner, daily food prep, evening toilet)
21:30-06:00		SLEEP
Task List	FE-1,FE-4	ECON. Observations and Photography
		SEINER Ocean Observations
		URAGAN. Observations and Photography
	FE-1	PLANTS-2. Payload Status Check

Notes:

1. SM Window #9 shutter opening is at crew discretion w/ Report to MCC

2. See OSTP for references to US activities End of Radiogram