CREW OFF DUTY

GMT	CREW	ACTIVITY
06:00-06:10	FE-1	Morning Inspection
06:00-06:20	CDR	Nutrition: urine collection
06:00-06:05	FE-2	Sleep-Wake Actigraphy and Light Exposure During Spaceflight FE-2 Log Entry
06:05-06:10		Morning Inspection
06:10-06:40	FE-1,FE-2	Post-sleep
06:20-06:25	CDR	Nutrition: urine sample insertion in MELFI
06:25-06:45		Nutrition- Stowage of urine collection kit
06:40-07:30	FE-1,FE-2	BREAKFAST
06:45-06:55		Morning Inspection
06:55-07:25	CDR	Post-sleep
07:25-08:15		BREAKFAST
08:15-09:15		Physical Exercise (TVIS)
09:15-10:45		Physical Exercise (RED)
09:30-10:30	FE-2	Physical Exercise (CEVIS)
10:30-12:00	— FE-Z	Physical Exercise (RED)
10:30-12:00	FE-1	Physical Exercise (TVIS), day 4
10:45-10:55	CDB	MSG: activation
11:25-12:05	CDR	InSPACE2 Experiment
12:00-13:00	FE-1	Physical Exercise (ВЕЛО+RED), day 4
12:50-13:00	CDR	InSPACE2 Tape Exchange
13:00-14:00		LUNCH
14:00-14:05	FE-2	Disconnect LTL jumper from LAB1D6 rack after CDRA Deactivation
14:00-14:40	CDR	InSPACE2 Experiment
14:20-14:40	FE-2	LOCAD - Setting up experimental equipment
14:40-14:50		LOCD - swab ops with video
15:00-15:15	CDR	Private Family Conference (Ku + S-band)
15:10-15:15	FE-2	LOCAD - Phase 2 Data Record Operations
15:15-15:25	FE-2	LOCD - swab ops with video
15:25-15:35	CDR	InSPACE2 Tape Exchange
15:35-16:15	CDK	InSPACE2 Experiment
15:45-15:50		LOCAD - Phase 2 Data Record Operations
15:50-16:00	FE-2	LOCD - swab ops with video
16:20-16:25		LOCAD - Phase 2 Data Record Operations
16:25-16:40		Private Family Conference (Ku + S-band)
16:45-16:55		LOCD - swab ops with video
17:00-17:10	CDR	InSPACE2 Tape Exchange
17:10-17:30	CDK	InSPACE2 Hardware Vial Exchange
17:15-17:20		LOCAD - Phase 2 Data Record Operations
17:20-17:30	FE-2	LOCD - Equipment Stow 1
17:30-17:50		LOCAD - Data Transfer 2

17:35-18:15	FE-1	СОЖ maintenance
17:50-18:00	FE-2	LOCD - Equipment Stow 2
18:00-18:05	CDR	Glove Box (MSG) Power Down
18:15-18:45		Evening Work Prep
18:45-19:00		Daily Planning Conference (S-band)
19:00-19:30		Evening Work Prep
19:30-20:00		DINNER
20:00-20:30		Daily food prep
20:30-21:30		Pre-sleep
21:30-06:00		Crew sleep
	FE-1	PLANTS-2. Payload Status Check and Photography
Task List		DIATOMEA. World Ocean Observations
		Verification of Antivirus Data Update on RSS2 Laptop

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

2. SM Window #9 shutter opening is at crew discretion, with Report to MCC End of Radiogram