

CREW OFF-DUTY

| GMT | CREW | ACTIVITY |
|-------------|----------|---|
| 06:00-06:10 | . | Morning Inspection |
| 06:10-06:40 | CDR,FE-1 | Post-sleep |
| 06:10-06:30 | FE-2 | Nutrition: urine collection |
| 06:30-06:40 | FE-2 | Nutrition: first urine sample insertion into MELFI |
| 06:40-07:10 | FE-2 | Post-sleep |
| 06:40-07:30 | CDR,FE-1 | BREAKFAST |
| 07:10-08:00 | FE-2 | |
| 09:30-11:00 | FE-2 | Physical Exercise (RED) |
| 09:30-11:00 | FE-1 | Physical Exercise (TVIS), day 1 |
| 11:00-12:00 | FE-2 | Physical Exercise (TVIS) |
| 12:00-12:20 | | Nutrition: urine collection |
| 12:00-13:30 | CDR | Physical Exercise (TVIS), day 1 |
| 12:20-12:25 | FE-2 | Nutrition: urine sample insertion in MELFI |
| 13:30-14:30 | . | LUNCH |
| 14:30-15:10 | FE-1 | COX Maintenance. <i>CBO, CП, and POTOK Air Purification System data calldowns</i> |
| 14:30-14:50 | FE-2 | Nutrition: urine collection |
| 14:50-14:55 | | Nutrition: urine sample insertion in MELFI |
| 16:15-17:15 | CDR | Physical Exercise (VELO + RED), day 1 |
| 17:15-18:15 | FE-1 | Physical Exercise (VELO + RED), day 1 |
| 17:50-18:10 | FE-2 | Nutrition: urine collection |
| 18:10-18:15 | | Nutrition: urine sample insertion in MELFI |
| 18:15-18:30 | . | Daily Planning Conference (<i>S-band</i>) |
| 18:30-19:30 | . | Evening Work Prep |
| 19:30-20:00 | . | DINNER |
| 20:00-20:15 | FE-2 | Daily Food Prep |
| 20:00-20:30 | CDR,FE-1 | |
| 20:15-21:00 | FE-2 | Pre-sleep |
| 20:30-21:30 | CDR,FE-1 | |
| 21:00-21:15 | FE-2 | Private Family Conference (<i>Ku + S-band</i>) |
| 21:15-21:30 | FE-2 | Pre-sleep |
| 21:30-06:00 | . | SLEEP |
| Task List | FE-1 | ECON. Observations and Photography |
| | CDR | URAGAN. Observations and Photography |
| | | DIATOMEA. World Ocean Observations |

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