CREW OFF DUTY

GMT	CREW	ACTIVITY
09:30-09:40		Morning Inspection
09:40-10:10		Post-sleep
10:10-11:00		BREAKFAST
11:00-12:30	FE-2	Physical Exercise (RED)
11:00-11:15	FE-1	БМП Ф1 Absorption Cartridge Regeneration (start)
12:30-13:30	FE-2	Physical Exercise (TVIS)
13:30-15:00	FE-1	Physical Exercise (TVIS), day 3
13:30-14:00	FE-2	SPHERE (Shear History Extensional Rheology) - experiment procedure familiarization
14:00-14:10	FE-2	Glove Box (MSG): activation
14:10-14:20	FE-2	SPHERE – setting up a video camera and taking video of the experiment hardware setup
14:20-16:20	FE-2	SHERE – setting up the hardware in the MSG
15:00-16:30	CDR	Physical Exercise (TVIS), day 3
16:20-16:30	FE-2	SPHERE - experiment historical documentation video and photos
16:30-17:30		LUNCH
17:30-17:40	FE-2	SPHERE - hardware power on – starting the experiment
17:40-17:55	FE-2	SPHERE - software load
17:55-18:00	FE-2	SPHERE - experiment power down – experiment termination
19:10-19:25	FE-2	Private Family Conference (S + Ku-band)
19:45-20:45	CDR	Physical Exercise (VELO + RED), day 3
18:00-18:05	FE-2	MSG - power down
20:45-21:45	FE-1	Physical Exercise (VELO+RED), day 3
20:45-21:25	CDR	СОЖ Maintenance.
21:10-21:45	FE-2	PHS Hardware and Blood Lab Setup
21:45-22:25		Evening Work Prep
22:25-22:40		Daily Planning Conference (S-band)
22:40-23:00		Evening Work Prep
23:00-23:30		DINNER
23:30-23:45	FE-1	Daily Food Prep
23:30-00:00	CDR,FE-2	Daily Food Prep
23:45-00:30	FE-1	Pre-sleep
00:00-01:00	CDR,FE-2	Pre-sleep
00:30-00:45	FE-1	БМП Ф1 Absorption Cartridge Regeneration (terminate)

00:45-01:00	FE-1	Pre-sleep
01:00-09:30		SLEEP
Task List	CDR	URAGAN. Observations and Photography
		DIATOMEA. World Ocean Observations
	FE-1	ECON. Observations and photography

- Note:
 1. SM Window #9 shutter opening is at crew discretion with Report to MCC.
 2. See OSTP or references to US activities.
 3. No OSTPV updates between 13:00 and 01:00

End of Radiogram