

OFF DUTY

TIME	CREW	ACTIVITY
06:00-06:20	CDR	HRF. Urine Specimen Collection.
06:00-06:05	FE-6	REMINDER - reading reminder
06:00-06:10	FE-1	Morning Inspection. Reboot of RSS1, 2
06:00-06:10	FE-2	Morning Inspection. Reboot of RS1(2) Laptop
06:00-06:10	FE-4, FE-5	Morning Inspection.
06:05-06:20	FE-6	HRF- specimen collection and stowage
06:10-06:40	FE-1, FE-2, FE-4, FE-5	Post sleep
06:20-06:25	CDR, FE-6	HRF - specimen stowage in MELFI
06:25-06:55	CDR, FE-6	Post sleep
06:40-07:30	FE-1	Breakfast. SM C&W Panel Test (<i>after breakfast</i>)
06:40-07:30	FE-2, FE-4, FE-5	Breakfast
06:55-07:30	CDR, FE-6	Breakfast
07:30-10:30	CDR, FE-5, FE-6	Weekly station housekeeping
07:30-09:30	FE-1	Weekly station housekeeping SM Ventilation Preventive Maintenance, Group E FGB LJB2 Cleaning [CKB] Inspection
07:30-10:30	FE-2, FE-4	Weekly station housekeeping [BKC] Laptop Cleaning
10:30-12:00	FE-1	Physical Exercise - Treadmill-2 - Day 4
10:30-11:10	FE-4	IDENTIFIKATSIA. Copy readings to laptop ИМУ-Ц
11:00-12:00	FE-5	Physical Exercise - T2
11:30-13:00	CDR	Physical Exercise - ARED
12:00-13:00	FE-1	Weekly station housekeeping Potok-150 MK Pre-Filter Cleaning
12:00-13:00	FE-2	Physical Exercise - VELO - Day 3
12:00-12:15	FE-4	Private family conference (<i>Ku+S-band</i>)
12:50-13:00	FE-5	Food Questionnaire
13:00-14:00	.	Lunch
14:00-14:20	CDR	HRF. Urine Specimen Collection.
14:00-14:40	FE-1, FE-2, FE-4	Greeting Video
14:20-14:25	CDR	HRF - specimen stowage in MELFI
14:40-15:20	FE-2	COЖ Maintenance
15:30-16:30	FE-1	Physical Exercise - ARED
16:00-17:00	CDR	Physical Exercise - T2
16:00-17:30	FE-4	Physical Exercise - Treadmill-2 - Day 3
16:30-18:00	FE-5	Physical Exercise - ARED

17:00-18:00	FE-6	Physical Exercise - T2
17:30-17:45	CDR	JRNL - log entry
17:30-18:30	FE-4	Physical Exercise - VELO - Day 3
17:45-18:05	CDR	HRF. Urine Specimen Collection
18:00-19:30	FE-2	Physical Exercise - Treadmill-2 - Day 3
18:00-18:15	FE-5	JRNL - log entry
18:00-19:30	FE-6	Physical Exercise - ARED
18:05-18:10	CDR	HRF - specimen stowage in MELFI
18:15-18:20	FE-5	Lab CDRA low-temp loop shutdown
18:20-18:35	CDR	Private family conference
19:30-20:40	CDR	Pre-sleep
19:30-21:30	FE-1, FE-2, FE-4, FE-5	Pre-sleep
19:30-21:20	FE-6	Pre-sleep
20:40-20:55	CDR	Private family conference
20:55-21:30	CDR	Pre-sleep
21:20-21:25	FE-6	REMINDER - reading reminder
21:25-21:30	FE-6	REMINDER - reading reminder
21:30-06:00	.	Sleep
Task List	FE-1,FE-2	СПО ММС Test and Verification aboard ISS RS
	FE-1, FE-2, FE-4	Report Preparation for Roscosmos Website
		EKON-M. Observation and Photo Imagery

Notes

1. Window 9 cover to open at crew discretion with **Report to MCC**
 2. Pre-sleep: dinner, daily food preparation, evening ablutions
 3. See OSTPV for missing references to US operation
 4. Use of US exercise equipment by Russian crew members in strict compliance with F24 or OSTPV
- End of Radiogram