CREW OFF DUTY

| GMT | CREW | ACTIVITY |
|-------------|---|--|
| 06:00-06:10 | CDR,FE-5, FE-1,FE-2, FE-4 | Morning Inspection |
| 06:00-06:10 | FE-6 | Urine Spot Test |
| 06:10-06:40 | | Post-sleep |
| 06:40-07:30 | CDR,FE-5,FE-6 FE-1,FE-2, | BREAKFAST |
| 06:40-07:30 | FE-4 | BREAKFAST. SM TICC [Caution & Warning Panel] Test (after breakfast) |
| 07:30-09:30 | FE-4 | Weekly Housekeeping |
| 07:30-10:30 | FE-1,FE-2 | SM Ventilation Subsystem Preventive Maintenance, Group E FGB ЦВ2 Fan Cleaning |
| 08:40-10:10 | CDR | Physical Exercise (ARED) |
| 09:30-10:30 | FE-4 | Physical Exercise (TVIS), Day 3 |
| 10:10-11:10 | CDR | Physical Exercise (T2) |
| 10:10-11:40 | FE-6 | Physical Exercise (ARED) |
| 10:30-12:00 | FE-2 | Physical Exercise (TVIS), Day 3 |
| 10:55-11:10 | FE-1 | Private Family Conference (S+Ku-band) |
| 11:30-12:30 | FE-1 | Physical Exercise (TVIS), Day 3 |
| 11:30-12:30 | FE-4 | Weekly Housekeeping Cleaning Potok Air Purification System Pre-filters in SM and FGB |
| 12:30-13:00 | | Weekly Planning Conference (S-band) |
| 13:00-14:00 | | LUNCH |
| 14:00-14:40 | FE-4 | СОЖ Maintenance |
| 14:00-14:05 | FE-6 | PROK Diet Logging (Day 2-4) |
| 14:05-14:50 | CDR,FE-6 | Airlock stowage cleanup post ATV unloading |
| 14:10-14:25 | FE-2 | Private Psychological Conference (VHF) |
| 14:35-14:40 | FE-1 | PAO Hardware Setup |
| 14:40-14:50 | FE-1,FE-2, FE-4 | Crew Prep for PAO |
| 14:50-15:15 | FE-1,FE-2, FE-4 | ISS-MCC-M TV TV Answers to questions from "Ask A Cosmonaut" competition participants (S+Ku-band) |
| 15:30-16:30 | FE-5 | Physical Exercise (CEVIS) |
| 15:50-16:05 | FE-4 | Private Family Conference (S+Ku-band) |
| 16:30-17:30 | FE-6 | Physical Exercise (T2) |
| 16:30-17:30 | FE-2 | Physical Exercise (TVIS), Day 3 |
| 16:30-18:00 | FE-5 | Physical Exercise (ARED) |
| 17:30-19:00 | FE-1 | Physical Exercise (TVIS), Day 3 |
| 17:30-17:45 | FE-6 | Private Family Conference |
| 18:00-19:30 | FE-4 | Physical Exercise (ARED) |
| 19:30-21:30 | | Pre-sleep |
| 21:30-06:00 | | SLEEP |

| Task List | FE-1 | CKK Cassette Photography |
|-----------|------------------------|---|
| | | Preparation of reports for Roskosmos site |
| | FE-1, FE-2, FE-4 | URAGAN. Observations and Photography |
| | | ECON. Observations and Photography |
| | | SEINER Ocean Observations |

Notes:

- SM Window #9 shutter opening is at crew discretion w/ Report to MCC
 See OSTP for references to US activities
- 3. Pre-sleep ops: daily food prep, dinner, pre-sleep