CREW OFF DUTY

GMT	CREW	ACTIVITY
06:00-06:10	CDR,FE-4 , FE-3,FE- 5,FE-6	Morning Inspection.
06:00-06:10	FE-1	Morning Inspection. SM ΠCC [Caution & Warning Panel] Test
06:10-06:40	-	Post-sleep
06:40-07:30		BREAKFAST
09:00-09:15	CDR	PLANTS-2 Watering
09:00-10:15	FE-4	Physical Exercise (ARED)
09:35-09:40	FE-3	ERB2 Activation
10:15-11:30	FE-6	Physical Exercise (ARED)
10:30-11:30	FE-3	Physical Exercise T 2
10:30-11:30	CDR	Physical Exercise (VELO), Day 4
11:30-13:00	FE-3	Physical Exercise (ARED)
11:30-13:00	FE-1	Physical Exercise (TVIS), Day 2
13:00-14:00		LUNCH
14:00-14:40	FE-4	COЖ Maintenance. SM and FGB Flush Counter (СП), Water Supply System (SVO), POTOK Air Purification System Data Calldowns
14:20-14:35	CDR	Private Family Conference (Ku+S-band)
14:20-14:25	FE-3	ERB2 Activation
14:50-15:05	FE-1	Private Family Conference (Ku+S-band)
15:40-17:10	FE-1	Physical Exercise (ARED)
15:40-16:55	FE-4	Physical Exercise (TVIS), Day 4
16:00-16:15	FE-3	Private Family Conference
16:10-17:10	FE-5	Physical Exercise (CEVIS)
16:45-17:45	CDR	Physical Exercise (T2) Day 1
17:10-18:40	FE-5	Physical Exercise (ARED)
17:10-18:25	FE-6	Physical Exercise (CEVIS)
17:45-18:00	CDR	Hygiene Procedures
18:40-19:05		Daily Planning Conference (S-band)
19:05-19:30		Evening Work Prep
19:30-19:35	FE-5	Pre-sleep
19:30-21:30	CDR,FE- 1,FE-4 , FE-3,FE-6	Pre-sleep
19:35-19:50	FE-5	Private Family Conference
19:50-21:30	FE-5	Pre-sleep
21:30-06:00		SLEEP
Task List	CDR,FE- 1,FE-4	Preparation of reports for Roskosmos site
		ECON. Observations and Photography
		SEINER Ocean Study
		URAGAN. Observations and Photography

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 End of Radiogram