## Form 24 for 01/03/10

## **CREW OFF DUTY**

06:00-06:05         CDR         SLEEP Data Log Entry           06:00-06:05         FE-6         Urine pH Test           06:00-06:10         FE-4         Morning Inspection           06:00-06:05         FE-5         Bisphosphonates Pill Ingestion           06:05-06:15         FE-1,FE-5         Morning Inspection           06:05-06:10         CDR         Bisphosphonates Pill Ingestion           06:05-06:10         FE-6         SLEEP Data Log Entry           06:10-06:40         FE-4         Post-sleep           06:10-06:40         FE-4         Post-sleep           06:10-06:45         FE-1,FE-5         Post-sleep           06:40-07:30         FE-4         BREAKFAST           06:40-07:35         FE-1,FE-5         BREAKFAST           06:40-07:35         FE-1,FE-5         BREAKFAST           06:00-09:30         FE-5         Physical Exercise (ARED)           09:30-10:30         FB-5         Physical Exercise (TVIS), Day 2           09:30-10:30         FE-4         Physical Exercise (TVIS), Day 2           10:30-12:00         FE-4         Physical Exercise (TVIS), Day 1           12:00-13:00         FE-4         Physical Exercise (VELO), Day 1           12:00-13:00         FE-1         Physical Exercis	CREW OFF DU		A A = 11 11 11 11 11 11 11 11 11 11 11 11 1
06:00-06:05         CDR         SLEEP Data Log Entry           06:00-06:05         FE-6         Urine pH Test           06:00-06:05         FE-5         Bisphosphonates Pill Ingestion           06:00-06:05         FE-5         Bisphosphonates Pill Ingestion           06:05-06:10         CDR         Bisphosphonates Pill Ingestion           06:05-06:10         CDR         Bisphosphonates Pill Ingestion           06:05-06:10         FE-6         SLEEP Data Log Entry           06:10-06:40         FE-4         Post-sleep           06:10-06:40         FE-4         Post-sleep           06:10-06:50         CDR,FE-6         Post-sleep           06:40-07:30         FE-4         BREAKFAST           06:40-07:30         FE-1,FE-5         BREAKFAST           06:40-07:30         FE-5         Physical Exercise (ARED)           09:30-10:30         CDR         Physical Exercise (ARED)           09:30-10:30         CDR         Physical Exercise (TVIS), Day 2           09:30-10:30         FE-4         Physical Exercise (TVIS), Day 2           09:30-10:30         FE-4         Physical Exercise (TVIS), Day 1           12:00-12:00         FE-4         Physical Exercise (TVIS), Day 1           12:00-13:00         FE-1			
06:00-06:05         FE-6         Urine pH Test           06:00-06:10         FE-4         Morning Inspection           06:00-06:05         FE-5         Bisphosphonates Pill Ingestion           06:00-06:10         CDR         Bisphosphonates Pill Ingestion           06:05-06:10         FE-6         SLEEP Data Log Entry           06:10-06:20         CDR,FE-8         Morning Inspection           06:10-06:40         FE-4         Post-sleep           06:10-06:45         FE-1,FE-5         Post-sleep           06:10-06:50         CDR,FE-6         Post-sleep           06:40-07:30         FE-4         BREAKFAST           06:40-07:35         FE-1,FE-5         BREAKFAST           06:40-07:30         FE-4         BREAKFAST           06:50-07:40         CDR,FE-6         BREAKFAST           06:00-09:30         FE-5         Physical Exercise (ARED)           09:30-10:30         CDR         Physical Exercise (ARED)           09:30-10:30         FE-4         Physical Exercise (ARED)           12:00-12:01         FE-4         Physical Exercise (ARED)           12:00-13:00         FE-1         Physical Exercise (VELO), Day 1           12:00-13:00         FE-1         Physical Exercise (VELO), Day 1	06:00-06:05	FE-1	
06:00-06:10         FE-4         Morning Inspection           06:00-06:05         FE-5         Bisphosphonates Pill Ingestion           06:05-06:15         FE-1,FE-5         Morning Inspection           06:05-06:10         CDR         Bisphosphonates Pill Ingestion           06:05-06:10         FE-6         SLEEP Data Log Entry           06:10-06:20         CDR,FE-6         Morning Inspection           06:10-06:40         FE-4         Post-sleep           06:20-06:50         CDR,FE-6         Post-sleep           06:40-07:30         FE-4         BREAKFAST           06:40-07:30         FE-4         BREAKFAST           06:40-07:40         CDR,FE-6         BREAKFAST           06:40-07:30         FE-5         Physical Exercise (ARED)           09:30-10:30         CDR         Physical Exercise (ARED)           09:30-10:30         CDR         Physical Exercise (ARED)           10:30-12:00         FE-4         Physical Exercise (ARED)           10:30-12:00         FE-4         Physical Exercise (ARED)           12:00-13:00         FE-4         Physical Exercise (ARED)           12:00-13:00         FE-1         Physical Exercise (VELO), Day 1           12:00-13:00         FE-6         Physical Exercise	06:00-06:05	CDR	SLEEP Data Log Entry
06:00-06:05         FE-5         Bisphosphonates Pill Ingestion           06:05-06:15         FE-1,FE-5         Morning Inspection           06:05-06:10         CDR         Bisphosphonates Pill Ingestion           06:05-06:10         FE-6         SLEEP Data Log Entry           06:10-06:20         CDR,FE-6         Morning Inspection           06:10-06:40         FE-4         Post-sleep           06:15-06:45         FE-1,FE-5         Post-sleep           06:20-06:50         CDR,FE-6         Post-sleep           06:40-07:33         FE-4         BREAKFAST           06:45-07:35         FE-1,FE-5         BREAKFAST           06:50-07:40         CDR,FE-6         BREAKFAST           08:00-09:30         CDR         Physical Exercise (ARED)           09:30-10:30         CDR         Physical Exercise (ARED)           10:30-12:00         FE-4         Physical Exercise (TVIS), Day 2           10:30-12:00         FE-4         Physical Exercise (ARED)           12:00-13:00         FE-4         Physical Exercise (VELO), Day 1           12:00-13:00         FE-1         Physical Exercise (VELO), Day 1           12:00-13:00         FE-6         Physical Exercise (VELO), Day 1           14:00-14:40         FE-6	06:00-06:05	FE-6	•
06:05-06:15         FE-1,FE-5         Morning Inspection           06:05-06:10         CDR         Bisphosphonates Pill Ingestion           06:05-06:01         FE-6         SLEEP Data Log Entry           06:10-06:20         CDR,FE-6         Morning Inspection           06:10-06:40         FE-4         Post-sleep           06:15-06:45         FE-1,FE-5         Post-sleep           06:40-07:30         FE-4         BREAKFAST           06:40-07:35         FE-1,FE-5         BREAKFAST           06:50-07:40         CDR,FE-6         BREAKFAST           06:50-07:40         CDR,FE-6         BREAKFAST           08:00-09:30         FE-5         Physical Exercise (ARED)           09:30-10:30         CDR         Physical Exercise (ARED)           09:30-10:30         FE-4         Physical Exercise (TVIS), Day 2           10:30-12:00         FE-4         Physical Exercise (ARED)           10:30-12:00         FE-4         Physical Exercise (VELO), Day 1           12:00-13:00         FE-1         Physical Exercise (VELO), Day 1           12:00-13:00         FE-6         Physical Exercise (VELO), Day 1           14:00-14:05         FE-6         Questionnaire Data Entry           16:00-16:30         FE-6         P	06:00-06:10	FE-4	Morning Inspection
Dec.	06:00-06:05	FE-5	Bisphosphonates Pill Ingestion
Dec.	06:05-06:15	<b>FE-1</b> ,FE-5	Morning Inspection
CDR,FE-6   Morning Inspection	06:05-06:10	CDR	Bisphosphonates Pill Ingestion
06:10-06:40         FE-4         Post-sleep           06:15-06:45         FE-1, FE-5         Post-sleep           06:20-06:50         CDR, FE-6         Post-sleep           06:40-07:30         FE-4         BREAKFAST           06:45-07:40         CDR, FE-6         BREAKFAST           06:50-07:40         CDR, FE-6         BREAKFAST           08:00-09:30         FE-5         Physical Exercise (ARED)           09:30-10:30         CDR         Physical Exercise (ARED)           09:30-10:30         FE-4         Physical Exercise (ARED)           10:30-12:00         FE-4         Physical Exercise (TVIS), Day 2           10:30-12:00         CDR         Physical Exercise (ARED)           12:00-12:15         FE-4         Private Family Conference (Ku+S-band)           12:00-13:00         FE-1         Physical Exercise (VELO), Day 1           12:00-13:00         FE-6         Physical Exercise (VELO), Day 1           14:00-14:00         FE-6         Questionnaire Data Entry           14:00-14:40         FE-1         COM Maintenance. CBO, CII, and POTOK Air Purification System Data Calldowns           15:00-16:30         FE-6         Physical Exercise (TVIS), Day 1           16:00-17:30         FE-1         Physical Exercise (TVIS), Day 1 <td>06:05-06:10</td> <td>FE-6</td> <td>SLEEP Data Log Entry</td>	06:05-06:10	FE-6	SLEEP Data Log Entry
06:15-06:45         FE-1,FE-5         Post-sleep           06:20-06:50         CDR,FE-6         Post-sleep           06:40-07:30         FE-4         BREAKFAST           06:40-07:35         FE-1,FE-5         BREAKFAST           06:50-07:40         CDR,FE-6         BREAKFAST           06:00-09:30         FE-5         Physical Exercise (ARED)           09:30-10:30         CDR         Physical Exercise (ARED)           09:30-10:30         FE-4         Physical Exercise (ARED)           10:30-12:00         FE-4         Physical Exercise (ARED)           10:30-12:00         CDR         Physical Exercise (ARED)           12:00-12:15         FE-4         Private Family Conference (Ku+S-band)           12:00-13:00         FE-1         Physical Exercise (VELO), Day 1           12:00-13:00         FE-6         Physical Exercise (VELO), Day 1           14:00-14:00         FE-6         Questionnaire Data Entry           14:00-14:40         FE-1         COM Maintenance. CBO, CII, and POTOK Air Purification System Data Calldowns           15:10-15:25         FE-5         Private Family Conference (Ku+S-band)           16:00-17:30         FE-1         Physical Exercise (TVIS), Day 1           16:45-17:45         FE-5         Physical Exercise T 2	06:10-06:20	CDR,FE-6	Morning Inspection
06:20-06:50         CDR,FE-6         Post-sleep           06:40-07:30         FE-4         BREAKFAST           06:45-07:35         FE-1,FE-5         BREAKFAST           06:50-07:40         CDR,FE-6         BREAKFAST           08:00-09:30         FE-5         BREAKFAST           08:00-09:30         FE-5         Physical Exercise (ARED)           09:30-10:30         CDR         Physical Exercise (ARED)           10:30-12:00         FE-4         Physical Exercise (ARED)           10:30-12:00         CDR         Physical Exercise (ARED)           12:00-12:15         FE-4         Private Family Conference (Ku+S-band)           12:00-13:00         FE-1         Physical Exercise (VELO), Day 1           12:00-13:00         FE-6         Physical Exercise (VELO), Day 1           14:00-14:05         FE-6         Questionnaire Data Entry           14:00-14:05         FE-6         Questionnaire Data Entry           15:00-16:30         FE-6         Physical Exercise (ARED)           15:10-15:25         FE-6         Physical Exercise (ARED)           16:45-17:30         FE-1         Physical Exercise (TVIS), Day 1           16:45-17:30         FE-1         Physical Exercise (TVIS), Day 1           16:45-17:45	06:10-06:40	FE-4	Post-sleep
06:40-07:30         FE-4         BREAKFAST           06:45-07:35         FE-1,FE-5         BREAKFAST           06:50-07:40         CDR,FE-6         BREAKFAST           08:00-09:30         FE-5         Physical Exercise (ARED)           09:30-10:30         CDR         Physical Exercise (ARED)           09:30-10:30         FE-4         Physical Exercise (ARED)           10:30-12:00         FE-4         Physical Exercise (TVIS), Day 2           10:30-12:00         CDR         Physical Exercise (ARED)           12:00-12:15         FE-4         Private Family Conference (Ku+S-band)           12:00-13:00         FE-1         Physical Exercise (VELO), Day 1           12:00-13:00         FE-6         Physical Exercise (VELO), Day 1           14:00-14:00         LUNCH           14:00-14:05         FE-6         Questionnaire Data Entry           15:00-16:30         FE-6         Questionnaire Data Entry           15:00-16:30         FE-6         Physical Exercise (ARED)           15:10-15:25         FE-5         Private Family Conference (Ku+S-band)           16:00-17:30         FE-1         Physical Exercise (TVIS), Day 1           16:45-17:45         FE-5         Physical Exercise T 2           17:30-17:35         FE-1 </td <td>06:15-06:45</td> <td><b>FE-1</b>,FE-5</td> <td>Post-sleep</td>	06:15-06:45	<b>FE-1</b> ,FE-5	Post-sleep
06:45-07:35         FE-1,FE-5         BREAKFAST           06:50-07:40         CDR,FE-6         BREAKFAST           08:00-09:30         FE-5         Physical Exercise (ARED)           09:30-10:30         CDR         Physical Exercise (ARED)           09:30-10:30         FE-4         Physical Exercise (ARED)           10:30-12:00         FE-4         Physical Exercise (ARED)           10:30-12:00         CDR         Physical Exercise (ARED)           12:00-13:00         FE-4         Private Family Conference (Ku+S-band)           12:00-13:00         FE-1         Physical Exercise (VELO), Day 1           12:00-13:00         FE-6         Physical Exercise (VELO), Day 1           14:00-14:00         LUNCH           14:00-14:05         FE-6         Questionnaire Data Entry           15:00-16:30         FE-6         Questionnaire Data Entry           15:00-16:30         FE-6         Physical Exercise (ARED)           15:10-15:25         FE-5         Private Family Conference (Ku+S-band)           16:00-17:30         FE-1         Physical Exercise (TVIS), Day 1           16:45-17:45         FE-6         Private Family Conference (Ku+S-band)           16:45-17:45         FE-5         Physical Exercise T 2           17:30-17:35 <td>06:20-06:50</td> <td>CDR,FE-6</td> <td>Post-sleep</td>	06:20-06:50	CDR,FE-6	Post-sleep
06:50-07:40         CDR,FE-6         BREAKFAST           08:00-09:30         FE-5         Physical Exercise (ARED)           09:30-10:30         CDR         Physical Exercise T 2           09:30-10:30         FE-4         Physical Exercise (ARED)           10:30-12:00         FE-4         Physical Exercise (ARED)           10:30-12:00         CDR         Physical Exercise (ARED)           12:00-12:15         FE-4         Private Family Conference (Ku+S-band)           12:00-13:00         FE-1         Physical Exercise (VELO), Day 1           12:00-13:00         FE-6         Physical Exercise (VELO), Day 1           14:00-14:00         I         LUNCH           14:00-14:01         FE-6         Questionnaire Data Entry           15:00-16:30         FE-6         Questionnaire Data Entry           15:00-16:30         FE-6         Physical Exercise (ARED)           15:10-15:25         FE-5         Private Family Conference (Ku+S-band)           16:00-17:30         FE-1         Physical Exercise (TVIS), Day 1           16:45-17:45         FE-5         Physical Exercise (TVIS), Day 1           16:45-17:45         FE-5         Physical Exercise T 2           17:30-17:35         FE-1         Elektron-VM Aerosol Filter Inspection	06:40-07:30	FE-4	BREAKFAST
08:00-09:30         FE-5         Physical Exercise (ARED)           09:30-10:30         CDR         Physical Exercise T 2           09:30-10:30         FE-4         Physical Exercise (ARED)           10:30-12:00         FE-4         Physical Exercise (TVIS), Day 2           10:30-12:00         CDR         Physical Exercise (ARED)           12:00-12:15         FE-4         Private Family Conference (Ku+S-band)           12:00-13:00         FE-1         Physical Exercise (VELO), Day 1           12:00-13:00         FE-6         Physical Exercise T 2           13:00-14:00         LUNCH           14:00-14:40         FE-6         Questionnaire Data Entry           COX Maintenance. CBO, CII, and POTOK Air Purification System Data Calldowns           15:00-16:30         FE-6         Physical Exercise (ARED)           15:10-15:25         FE-5         Private Family Conference (Ku+S-band)           16:00-17:30         FE-1         Physical Exercise (TVIS), Day 1           16:45-17:45         FE-6         Private Family Conference (Ku+S-band)           16:45-17:45         FE-5         Physical Exercise T 2           17:30-17:35         FE-1         Elektron-VM Aerosol Filter Inspection           18:15-18:35         FE-6         Urine Collection Prep	06:45-07:35	<b>FE-1</b> ,FE-5	BREAKFAST
09:30-10:30         CDR         Physical Exercise T 2           09:30-10:30         FE-4         Physical Exercise (ARED)           10:30-12:00         FE-4         Physical Exercise (TVIS), Day 2           10:30-12:00         CDR         Physical Exercise (ARED)           12:00-12:15         FE-4         Private Family Conference (Ku+S-band)           12:00-13:00         FE-1         Physical Exercise (VELO), Day 1           12:00-13:00         FE-6         Physical Exercise T 2           13:00-14:00         LUNCH           14:00-14:05         FE-6         Questionnaire Data Entry           14:00-14:40         FE-1         COX Maintenance. CBO, CII, and POTOK Air Purification System Data Calldowns           15:00-16:30         FE-6         Physical Exercise (ARED)           15:10-15:25         FE-5         Private Family Conference (Ku+S-band)           16:00-17:30         FE-1         Physical Exercise (TVIS), Day 1           16:45-17:00         FE-6         Private Family Conference (Ku+S-band)           16:45-17:45         FE-5         Physical Exercise T 2           17:30-17:35         FE-1         Elektron-VM Aerosol Filter Inspection           18:15-18:35         FE-6         Urine Collection Prep           18:15-18:35         FE-6 <td< td=""><td>06:50-07:40</td><td>CDR,FE-6</td><td>BREAKFAST</td></td<>	06:50-07:40	CDR,FE-6	BREAKFAST
Physical Exercise (ARED)	08:00-09:30	FE-5	Physical Exercise (ARED)
10:30-12:00   FE-4   Physical Exercise (TVIS), Day 2     10:30-12:00   CDR   Physical Exercise (ARED)     12:00-12:15   FE-4   Private Family Conference (Ku+S-band)     12:00-13:00   FE-1   Physical Exercise (VELO), Day 1     12:00-13:00   FE-6   Physical Exercise T 2     13:00-14:00   LUNCH     14:00-14:05   FE-6   Questionnaire Data Entry     14:00-14:40   FE-1   COM Maintenance. CBO, CII, and POTOK Air Purification System Data Calldowns     15:00-16:30   FE-6   Physical Exercise (ARED)     15:10-15:25   FE-5   Private Family Conference (Ku+S-band)     16:00-17:30   FE-1   Physical Exercise (TVIS), Day 1     16:45-17:00   FE-6   Private Family Conference (Ku+S-band)     16:45-17:45   FE-5   Physical Exercise T 2     17:30-17:35   FE-1   Elektron-VM Aerosol Filter Inspection     18:15-18:35   FE-6   Urine Collection Prep     18:15-18:35   FE-6   Urine Collection Prep     18:15-19:00   Daily Planning Conference (S-band)     19:00-19:30   FE-1, FE-4, FE-5, FE-6   Pre-sleep     19:30-21:30   FE-1, FE-4, FE-5, FE-6   Pre-sleep     19:30-21:30   FE-1, FE-4, FE-5, FE-6   Pre-sleep     19:30-21:30   FE-1, FE-4, FE-5, FE-6   Pre-sleep	09:30-10:30	CDR	Physical Exercise T 2
10:30-12:00 CDR Physical Exercise (ARED) 12:00-12:15 FE-4 Private Family Conference (Ku+S-band) 12:00-13:00 FE-1 Physical Exercise (VELO), Day 1 12:00-13:00 FE-6 Physical Exercise T 2 13:00-14:00 LUNCH 14:00-14:05 FE-6 Questionnaire Data Entry 14:00-14:40 FE-1 COЖ Maintenance. CBO, CΠ, and POTOK Air Purification System Data Calldowns 15:00-16:30 FE-6 Physical Exercise (ARED) 15:10-15:25 FE-5 Private Family Conference (Ku+S-band) 16:00-17:30 FE-1 Physical Exercise (TVIS), Day 1 16:45-17:00 FE-6 Private Family Conference (Ku+S-band) 16:45-17:45 FE-5 Physical Exercise T 2 17:30-17:35 FE-1 Elektron-VM Aerosol Filter Inspection 18:15-18:35 FE-6 Urine Collection Prep 18:15-18:35 FE-6 Urine Collection Prep 18:15-19:00 . Daily Planning Conference (S-band) 19:00-19:30 . FE-1, FE-4, FE-5, FE-6 Pre-sleep	09:30-10:30	FE-4	Physical Exercise (ARED)
12:00-12:15   FE-4   Private Family Conference (Ku+S-band)     12:00-13:00   FE-1   Physical Exercise (VELO), Day 1     12:00-13:00   FE-6   Physical Exercise T 2     13:00-14:00   LUNCH     14:00-14:05   FE-6   Questionnaire Data Entry     14:00-14:40   FE-1   COЖ Maintenance. CBO, CП, and POTOK Air Purification System Data Calldowns     15:00-16:30   FE-6   Physical Exercise (ARED)     15:10-15:25   FE-5   Private Family Conference (Ku+S-band)     16:00-17:30   FE-1   Physical Exercise (TVIS), Day 1     16:45-17:00   FE-6   Private Family Conference (Ku+S-band)     16:45-17:45   FE-5   Physical Exercise T 2     17:30-17:35   FE-1   Elektron-VM Aerosol Filter Inspection     18:15-18:35   FE-6   Urine Collection Prep     18:35-19:00   Daily Planning Conference (S-band)     19:00-19:30   FE-1, FE-4, FE-5, FE-6   Pre-sleep     19:30-21:30   Pre-sleep     19:30-21:30   Pre-sleep     19:30-21:30   Pre-sleep     19:30-21:30   Pre-sleep     19:30-21:30   Pre-sleep     19:30-2	10:30-12:00	FE-4	Physical Exercise (TVIS), Day 2
12:00-13:00   FE-1   Physical Exercise (VELO), Day 1     12:00-13:00   FE-6   Physical Exercise T 2     13:00-14:00   LUNCH     14:00-14:05   FE-6   Questionnaire Data Entry     14:00-14:40   FE-1   COX Maintenance. CBO, CII, and POTOK Air Purification System Data Calldowns     15:00-16:30   FE-6   Physical Exercise (ARED)     15:10-15:25   FE-5   Private Family Conference (Ku+S-band)     16:00-17:30   FE-1   Physical Exercise (TVIS), Day 1     16:45-17:00   FE-6   Private Family Conference (Ku+S-band)     16:45-17:45   FE-5   Physical Exercise T 2     17:30-17:35   FE-1   Elektron-VM Aerosol Filter Inspection     18:15-18:35   FE-6   Urine Collection Prep     18:15-18:35   CDR, FE-1, FE-4, FE-5   Evening Work Prep     18:35-19:00   Daily Planning Conference (S-band)     19:00-19:30   FE-1, FE-4, FE-5, FE-6   Pre-sleep	10:30-12:00	CDR	Physical Exercise (ARED)
12:00-13:00 FE-6 Physical Exercise T 2 13:00-14:00 . LUNCH 14:00-14:05 FE-6 Questionnaire Data Entry 14:00-14:40 FE-1 COЖ Maintenance. CBO, CΠ, and POTOK Air Purification System Data Calldowns 15:00-16:30 FE-6 Physical Exercise (ARED) 15:10-15:25 FE-5 Private Family Conference (Ku+S-band) 16:00-17:30 FE-1 Physical Exercise (TVIS), Day 1 16:45-17:00 FE-6 Private Family Conference (Ku+S-band) 16:45-17:45 FE-5 Physical Exercise T 2 17:30-17:35 FE-1 Elektron-VM Aerosol Filter Inspection 18:15-18:35 FE-6 Urine Collection Prep 18:15-18:35 FE-6, Evening Work Prep 18:35-19:00 . Daily Planning Conference (S-band) 19:00-19:30 FE-1,FE-4,FE-5, FE-6 19:30-21:30 FE-1,FE-4,FE-5, Fre-sleep	12:00-12:15	FE-4	Private Family Conference (Ku+S-band)
13:00-14:00	12:00-13:00	FE-1	Physical Exercise (VELO), Day 1
14:00-14:05   FE-6   Questionnaire Data Entry     14:00-14:40   FE-1   COЖ Maintenance. CBO, CП, and POTOK Air Purification System     15:00-16:30   FE-6   Physical Exercise (ARED)     15:10-15:25   FE-5   Private Family Conference (Ku+S-band)     16:00-17:30   FE-1   Physical Exercise (TVIS), Day 1     16:45-17:00   FE-6   Private Family Conference (Ku+S-band)     16:45-17:45   FE-5   Physical Exercise T 2     17:30-17:35   FE-1   Elektron-VM Aerosol Filter Inspection     18:15-18:35   FE-6   Urine Collection Prep     18:15-18:35   FE-4, FE-5   Evening Work Prep     18:35-19:00   Daily Planning Conference (S-band)     19:00-19:30   FE-1, FE-4, FE-5, FE-6   Pre-sleep     19:30-21:30   Pre-sleep     19:30-21:30   Pre-sleep     19:30-21:30   Pre-sleep     19:30-21:30   Pre-sleep     19:30-21:30   Pre-sleep     19:30	12:00-13:00	FE-6	Physical Exercise T 2
14:00-14:40         FE-1         COЖ Maintenance. CBO, CΠ, and POTOK Air Purification System Data Calldowns           15:00-16:30         FE-6         Physical Exercise (ARED)           15:10-15:25         FE-5         Private Family Conference (Ku+S-band)           16:00-17:30         FE-1         Physical Exercise (TVIS), Day 1           16:45-17:00         FE-6         Private Family Conference (Ku+S-band)           16:45-17:45         FE-5         Physical Exercise T 2           17:30-17:35         FE-1         Elektron-VM Aerosol Filter Inspection           18:15-18:35         FE-6         Urine Collection Prep           18:15-18:35         FE-6         Evening Work Prep           18:35-19:00         Daily Planning Conference (S-band)           19:00-19:30         Evening Work Prep           19:30-21:30         FE-1,FE-4,FE-5, FE-6           Fe-1,FE-4,FE-5, FE-6         Pre-sleep	13:00-14:00		LUNCH
Data Calldowns   15:00-16:30   FE-6   Physical Exercise (ARED)   15:10-15:25   FE-5   Private Family Conference (Ku+S-band)   16:00-17:30   FE-1   Physical Exercise (TVIS), Day 1   16:45-17:00   FE-6   Private Family Conference (Ku+S-band)   16:45-17:45   FE-5   Physical Exercise T 2   17:30-17:35   FE-1   Elektron-VM Aerosol Filter Inspection   18:15-18:35   FE-6   Urine Collection Prep   18:15-18:35   CDR,FE-1, FE-4,FE-5   Evening Work Prep   18:35-19:00   Daily Planning Conference (S-band)   19:00-19:30   FE-1,FE-4,FE-5, FE-6   Pre-sleep   Pre-sle	14:00-14:05	FE-6	Questionnaire Data Entry
15:10-15:25 FE-5 Private Family Conference (Ku+S-band) 16:00-17:30 FE-1 Physical Exercise (TVIS), Day 1 16:45-17:00 FE-6 Private Family Conference (Ku+S-band) 16:45-17:45 FE-5 Physical Exercise T 2 17:30-17:35 FE-1 Elektron-VM Aerosol Filter Inspection 18:15-18:35 FE-6 Urine Collection Prep 18:15-18:35 PE-4,FE-5 Evening Work Prep 18:35-19:00 Daily Planning Conference (S-band) 19:00-19:30 FE-1,FE-4,FE-5,FE-6 Pre-sleep	14:00-14:40	FE-1	
16:00-17:30         FE-1         Physical Exercise (TVIS), Day 1           16:45-17:00         FE-6         Private Family Conference (Ku+S-band)           16:45-17:45         FE-5         Physical Exercise T 2           17:30-17:35         FE-1         Elektron-VM Aerosol Filter Inspection           18:15-18:35         FE-6         Urine Collection Prep           18:15-18:35         CDR,FE-1, FE-4,FE-5         Evening Work Prep           18:35-19:00         .         Daily Planning Conference (S-band)           19:00-19:30         .         Evening Work Prep           19:30-21:30         FE-1,FE-4,FE-5, FE-6         Pre-sleep	15:00-16:30	FE-6	Physical Exercise (ARED)
16:45-17:00         FE-6         Private Family Conference (Ku+S-band)           16:45-17:45         FE-5         Physical Exercise T 2           17:30-17:35         FE-1         Elektron-VM Aerosol Filter Inspection           18:15-18:35         FE-6         Urine Collection Prep           18:15-18:35         CDR,FE-1, FE-4,FE-5         Evening Work Prep           18:35-19:00         .         Daily Planning Conference (S-band)           19:00-19:30         .         Evening Work Prep           19:30-21:30         FE-1,FE-4,FE-5, FE-6         Pre-sleep	15:10-15:25	FE-5	Private Family Conference (Ku+S-band)
16:45-17:45         FE-5         Physical Exercise T 2           17:30-17:35         FE-1         Elektron-VM Aerosol Filter Inspection           18:15-18:35         FE-6         Urine Collection Prep           18:15-18:35         CDR,FE-1, FE-4,FE-5         Evening Work Prep           18:35-19:00         .         Daily Planning Conference (S-band)           19:00-19:30         .         Evening Work Prep           19:30-21:30         FE-1,FE-4,FE-5, FE-6         Pre-sleep	16:00-17:30	FE-1	Physical Exercise (TVIS), Day 1
17:30-17:35         FE-1         Elektron-VM Aerosol Filter Inspection           18:15-18:35         FE-6         Urine Collection Prep           18:15-18:35         CDR,FE-1, FE-4,FE-5         Evening Work Prep           18:35-19:00         .         Daily Planning Conference (S-band)           19:00-19:30         .         Evening Work Prep           19:30-21:30         FE-1,FE-4,FE-5, FE-6         Pre-sleep	16:45-17:00	FE-6	Private Family Conference (Ku+S-band)
18:15-18:35       FE-6       Urine Collection Prep         18:15-18:35       CDR,FE-1, FE-4,FE-5       Evening Work Prep         18:35-19:00       .       Daily Planning Conference (S-band)         19:00-19:30       .       Evening Work Prep         19:30-21:30       FE-1,FE-4,FE-5, FE-6       Pre-sleep	16:45-17:45	FE-5	Physical Exercise T 2
18:15-18:35	17:30-17:35	FE-1	Elektron-VM Aerosol Filter Inspection
18:15-18:35	18:15-18:35	FE-6	Urine Collection Prep
19:00-19:30 . Evening Work Prep  19:30-21:30	18:15-18:35		Evening Work Prep
19:30-21:30	18:35-19:00		Daily Planning Conference (S-band)
FE-6 Pre-sleep	19:00-19:30		Evening Work Prep
19:30-20:00 CDR Pre-sleep	19:30-21:30		Pre-sleep
	19:30-20:00	CDR	Pre-sleep

20:00-20:15	CDR	Private Family Conference (Ku+S-band)
20:15-21:30	CDR	Pre-sleep
21:30-06:00		SLEEP
Task List	FE-1	Relocate items from behind FGB panel 402
		PLANTS-2. Payload Status Check
		ECON. Observations and Photography
		URAGAN. Observations and Photography
	FE-1,FE-4	SEINER Ocean Observations

## Notes:

- SM Window #9 shutter opening is at crew discretion w/ Report To MCC
   See OSTP for references to US activities
   Pre-sleep: dinner, daily food prep, evening toilet
   End of Radiogram