CREW OFF DUTY

GMT	CREW	ACTIVITY
06:00-06:05	CDR	Reaction Self Test
06:00-06:10	FE-1,FE-2,FE- 4	Morning Inspection
06:00-06:10	FE-5	Urine Spot Test
06:00-06:05	FE-6	Reaction Self Test
06:05-06:10	CDR,FE-6	Morning Inspection
06:10-06:30	FE-5	HRF Urine Sample Collection Subject
06:10-06:40	CDR, FE-1 , FE- 2 , FE-4 ,FE-6	Post-sleep
06:30-06:40	FE-5	HRF Urine Sample Insertion Into MELFI
06:40-06:45	FE-5	Reaction Self Test
06:40-07:35	CDR,FE-6	BREAKFAST
06:40-07:30	FE-1,FE-4	BREAKFAST
06:40-07:30	FE-2	BREAKFAST. SM ПСС [Caution & Warning Panel] Test (after breakfast)
06:45-07:15	FE-5	Post-sleep
07:15-08:15	FE-5	BREAKFAST
08:30-10:00	CDR	Physical Exercise (ARED)
10:00-11:00	CDR	Physical Exercise (CEVIS)
10:00-11:30	FE-6	Physical Exercise (ARED)
11:30-13:00	FE-1	Physical Exercise (ARED)
11:30-13:00	FE-4	Physical Exercise (TVIS), Day 2
12:30-12:50	FE-5	HRF Urine Sample Collection Subject
12:50-13:00	FE-5	MELFI Urine Sample Insertion
13:00-14:00		LUNCH
14:00-14:40	FE-1	СОЖ Maintenance. SM and FGB Flush Counter (СП), Water Supply System (SVO), POTOK Air Purification System Data Calldowns
14:00-14:20	FE-2	КОБ2 Leak Check (panel 4СПН2)
14:00-14:05	FE-5	PROK Diet Logging (Day 2-4)
15:20-15:25	FE-1	HAM radio session set up
15:25-15:40	FE-1	Ham Radio Session with the City of Tver
15:25-15:45	FE-5	HRF Urine Sample Collection Subject
15:35-17:05	FE-2	Physical Exercise (ARED)
15:45-15:55	FE-5	HRF Urine Sample Insertion Into MELFI
15:55-16:05	FE-5	Nutrition and Repository Equipment Configuration for Blood Draw
16:00-17:00	FE-4	Physical Exercise (VELO), Day 2
16:05-17:05	FE-5	Physical Exercise (T2)
16:15-16:30	FE-6	Private Family Conference
17:00-18:00	FE-1	Physical Exercise (TVIS), Day 2
17:05-18:35	FE-5	Physical Exercise (ARED)
17:05-18:05	FE-6	Physical Exercise (CEVIS)

18:35-19:05		Evening Work Prep
19:05-19:30		Daily Planning Conference (S-band)
19:30-21:00	CDR	Pre-sleep
19:30-21:30	FE-1,FE-2,FE- 4	Pre-sleep
19:30-21:25	FE-5,FE-6	Pre-sleep
21:00-21:15	CDR	Private Family Conference
21:15-21:25	CDR	Pre-sleep
21:25-21:30	CDR,FE-5,FE-	Reaction Self Test
21:30-06:00		SLEEP
Task List	FE-1, FE-2, FE-4	Preparation of reports for Roskosmos site
		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
 Pre-sleep ops: daily food prep, dinner, pre-sleep

End of Radiogram