

CREW OFF-DUTY

GMT	CREW	ACTIVITY
09:30-09:40	.	Morning Inspection
09:40-10:10	CDR,FE-1	Post-sleep
09:40-10:00	FE-2	Nutrition and Repository - Urine Sampling
10:00-10:10	FE-2	Nutrition and Repository – Insert First Urine Samples Into MELFI
10:10-10:40	FE-2	Post-sleep
10:10-11:00	CDR,FE-1	BREAKFAST
10:40-11:30	FE-2	BREAKFAST
12:35-13:05	.	Weekly Planning Conference (<i>S-band</i>)
13:05-14:35	CDR	Physical Exercise (TVIS), day 2
13:05-13:25	FE-2	Nutrition and Repository - Urine Sampling
13:25-13:30	FE-2	Nutrition and Repository - Urine Sample MELFI Insertion
13:30-13:45	FE-2	Private Family Conference (<i>Ku + S-band</i>)
14:15-15:45	FE-2	Physical Exercise (RED)
15:15-16:15	FE-1	Physical Exercise (VELO+RED), day 2
15:45-16:45	FE-2	Physical Exercise (TVIS)
16:45-17:45	.	LUNCH
17:45-18:25	FE-1	COX Maintenance. CBO, CП, and POTOK Air Purification System Data Calldowns
17:45-18:05	FE-2	Nutrition and Repository - Urine Sampling
18:05-18:10	FE-2	Nutrition and Repository - Urine Sample MELFI Insertion
18:45-19:00	FE-2	Private Psychological Conference (<i>Ku + S-band</i>)
19:15-20:15	CDR	Physical Exercise (VELO+RED), day 2
20:15-21:45	FE-1	Physical Exercise (TVIS), day 2
21:20-21:40	FE-2	Nutrition and Repository - Urine Sampling
21:40-21:45	FE-2	Nutrition and Repository - Urine Sample MELFI Insertion
21:45-22:15	.	Evening Work Prep
22:15-22:30	.	Daily Planning Conference (<i>S-band</i>)
22:30-23:00	.	Evening Work Prep
23:00-23:30	.	DINNER
23:30-00:00	.	Daily Food Prep
00:00-01:00	.	Pre-sleep
01:00-09:30	.	SLEEP

Note:

1. SM Window #9 shutter opening is at crew discretion with **Report to MCC**
2. See OSTP for references to US activities.

End of Radiogram