CREW OFF DUTY

GMT	CREW	ACTIVITY
06:00-06:10		Morning Inspection
06:10-06:40		Post-sleep
06:40-07:30	FE-2	BREAKFAST. SM TICC [Caution & Warning Panel] Test (after breakfast)
06:40-07:30	CDR, FE-1 , FE- 4, FE-5,FE-6	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)
11:00-12:30	FE-2	Physical Exercise (TVIS), Day 3
11:20-11:30	CDR	ISS HAM Radio Setup in Service Module
11:30-11:45	CDR	ISS HAM Radio Session from SM
11:30-13:00	FE-4	Physical Exercise (ARED)
12:00-13:00	FE-1	Physical Exercise (VELO), Day 3
12:45-13:45	FE-5	LUNCH
13:00-14:00	CDR, FE-1,FE- 2 , FE-4 ,FE-6	LUNCH
13:45-14:00	FE-5	Special Private Conference
14:00-14:40	FE-1	COЖ Maintenance. SM and FGB Flush Counter (СП), Water Supply System (SVO), POTOK Air Purification System Data Calldowns
15:20-15:35	FE-6	Private Family Conference
15:30-17:00	FE-1	Physical Exercise (TVIS), Day 3
16:00-17:00	FE-6	Physical Exercise (CEVIS)
16:00-17:00	FE-5	Physical Exercise (T2)
16:30-17:30	FE-2	Physical Exercise (VELO), Day 3
17:00-18:30	FE-5	Physical Exercise (ARED)
17:30-18:30	FE-4	Physical Exercise (TVIS), Day 3
18:30-19:10		Evening Work Prep
19:10-19:30		Daily Planning Conference (S-band)
19:30-20:20	CDR	Pre-sleep
19:30-21:20	FE-4	Pre-sleep
19:30-21:30	FE-1,FE-2 ,FE-5, FE-6	Pre-sleep
20:20-20:35	CDR	Private Family Conference
20:35-21:30	CDR	Pre-sleep
21:20-21:30	FE-4	URAGAN. FSS PL Battery Charge (start)
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