CREW OFF DUTY

GMT	CREW	ACTIVITY
06:00-06:10	FE-1,FE-2 , FE-4 ,FE-5,FE-6	Morning Inspection
06:00-06:10	CDR	BCAT Nikon D2Xs Battery Changeout
06:10-06:40		Post-sleep
06:40-07:30	CDR, FE-1,FE- 4 , FE-5,FE-6	BREAKFAST
06:40-07:30	FE-2	BREAKFAST. SM ПСС [Caution & Warning Panel] Test (after breakfast)
08:00-08:15	FE-5	Private Family Conference
09:30-11:00	CDR	Physical Exercise (ARED)
10:00-11:00	FE-6	Physical Exercise (CEVIS)
10:00-10:15	FE-4	Private Family Conference (Ku+S-band)
10:00-11:30	FE-2	Physical Exercise (TVIS), Day 3
11:00-12:00	FE-1	Physical Exercise (VELO), Day 3
11:00-12:00	CDR	Physical Exercise (CEVIS)
11:30-13:00	FE-4	Physical Exercise (ARED)
13:00-14:00		LUNCH
14:00-14:10	FE-6	PROK. Diet Logfile And PH Logsheet Photography
14:00-14:10	CDR	BCAT6 Camera Checkout
14:00-14:40	FE-1	СОЖ Maintenance. SM and FGB Flush Counter (СП), Water Supply System (SVO), POTOK Air Purification System Data Calldowns
14:35-14:40	FE-6	Payload MPC Restricted Playback Start
15:30-17:00	FE-1	Physical Exercise (TVIS), Day 3
15:35-17:05	FE-5	Physical Exercise (ARED)
16:15-16:30	FE-6	Private Family Conference
16:30-17:30	FE-4	Physical Exercise (TVIS), Day 3
17:05-18:05	FE-5	Physical Exercise T 2
17:15-17:20	FE-6	MPC Power Down
17:25-18:55	FE-6	Physical Exercise (ARED)
17:30-18:30	FE-2	Physical Exercise (VELO), Day 3
18:35-19:00		Daily Planning Conference (S-band)
19:00-19:05	FE-5	SOLO Daily Diet Monitoring
19:00-19:05	CDR	SOLO Daily Diet Monitoring
19:00-19:30	FE-1 , FE-2 , FE-4 ,FE-6	Evening Work Prep
19:05-19:30	CDR,FE-5	Evening Work Prep
19:30-19:45	CDR	Private Family Conference
19:30-21:30	FE-1,FE-2 , FE-4 ,FE-5,FE-6	Pre-sleep
19:45-21:20	CDR	Pre-sleep ops

CDR	BCAT Nikon D2Xs Battery Changeout
	SLEEP
FE-1, FE-2, FE-4	Video Footage For Carousel Channel
	Video Footage For Science-2 TV Project
	URAGAN. Observations and Photography
	ECON. Observations and Photography
	SEINER Ocean Observations
FE-1	CKK Cassette Photography
	FE-1, FE-2, FE-4

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