

CREW OFF-DUTY

GMT	CREW	ACTIVITY
08:30-08:40	CDR, FE-1	Morning Inspection
08:30-08:35	FE-2	SLEEP - data logging
08:35-08:40		Morning Inspection
08:40-09:10	FE-1, FE-2	Post-sleep
08:40-09:00	CDR	Nutrition: urine collection
09:00-09:10		Nutrition: urine sample insertion in MELFI
09:10-09:40		Post-sleep
09:10-10:00	FE-1	BREAKFAST
09:10-10:05	FE-2	
09:40-10:30	CDR	
10:05-10:10	FE-2	EMCS: changeout of gas removal module
10:10-10:15		EXPRESS Rack 3 laptop power down
10:30-10:50	CDR	Nutrition -equipment stow
11:50-12:00	FE-1	Tagup with BIO-5 specialists. RASTENIYA-2 (<i>S-band</i>)
12:30-12:45		ISS crew and ГOFY (RSA Flight Control Team) weekly conference (<i>S-band</i>)
12:45-14:15	CDR	Physical Exercise (TVIS + CEVIS)
12:45-13:45	FE-1	Physical Exercise (VELO+RED) day 4
12:45-13:00	FE-2	Food frequency questionnaire
13:00-13:25		IWIS installation
13:25-14:25		Physical Exercise (RED)
14:10-14:40	FE-1	COX maintenance / <i>Configuration set up to pump urine to Progress 358 Rodnik water</i>
14:15-14:30	CDR	Food frequency questionnaire
14:25-14:35	FE-2	Stowage Ops with Earlier installed FMK
14:30-14:35	CDR	PAYLOAD. Payload status check
14:35-14:40		HAM radio powerdown in FGB
14:35-14:40	FE-2	Transfer TVIS/RED/CEVIS/HRM data to MEC
14:40-15:10		Weekly Planning Conference (<i>S-band</i>)
15:10-15:20		Food prep
15:20-15:40		FD / ISS crew conference (<i>S-band</i>)
15:40-16:00		Daily food prep
16:00-16:30		DINNER
16:30-17:30	FE-1, FE-2	Pre-sleep
16:30-16:55		
16:55-17:10	CDR	ISS Crew discretionary conference (<i>S-band</i>)
17:10-17:30		Pre-sleep
17:30-23:00		SLEEP
Task List	FE-1	PLANTS-2. Payload status check

Note: See OSTP for references to US activities.

End of Radiogram