CREW OFF DUTY

GMT	CREW	ACTIVITY
09:30-09:40		Morning Inspection
09:40-10:10	FE-1,FE-2,FE- 4 , FE-5,FE-6	Post-sleep
09:40-10:15	CDR	Post-sleep
10:10-10:15	FE-5	Video Camera Assembly (VCA1) Adjustment
10:10-11:00	FE-1 , FE-4 ,FE-6	BREAKFAST
10:10-11:00	FE-2	BREAKFAST. SM ПСС [Caution & Warning Panel] Test (after breakfast)
10:15-10:30	CDR,FE-5	ROALD2 experiment setup in KUBIK 3
10:30-11:15	CDR,FE-5	BREAKFAST
11:30-12:30	FE-1	Physical Exercise (TVIS), Day 4
12:00-13:30	FE-2	Physical Exercise (ARED)
12:00-12:15	FE-5	Private Medical Conference
12:15-13:15	CDR	Physical Exercise T 2
12:35-13:05	FE-1	BACKUP: PCE Test 1. PCE, PCE Antenna Feeder, ATV Hand Controller Checkout
13:05-13:20	FE-1	Private Family Conference (Ku+S-band)
13:35-14:05		Weekly Planning Conference (S-band)
14:05-15:05		LUNCH
15:05-15:15	CDR	Food Frequency Questionnaire
15:05-15:45	FE-2	СОЖ Maintenance
15:15-15:20	CDR	Compound Specific Analyzer- Combustion Products (CSA-CP) CSA-O2 Readings
15:45-15:50	FE-1	Hardware setup for HAM radio session
15:50-16:05	FE-1	HAM radio session with Kiev Airspace School students at Kiev National Aviation University
16:30-18:00	FE-1	Physical Exercise (ARED)
16:40-16:50	CDR,FE-5	ROALD2 Removal 1
16:50-17:00	CDR,FE-5	Insertion of ROALD2 Samples into MELFI at -80 deg C
18:00-18:15	FE-4	Private Medical Conference (Ku+S-band)
18:00-19:30	CDR	Physical Exercise (ARED)
18:30-18:45	FE-6	Private Medical Conference
18:30-19:30	FE-2	Physical Exercise (TVIS), Day 4
19:25-19:30	FE-5	SHD Questionnaire
19:30-21:30		Pre-sleep
21:30-05:25	CDR	SLEEP
21:30-06:00	FE-1,FE-2,FE-4 , FE-5,FE-6	SLEEP
Task List	Bce	TV Message to Santa Claus
	FE-1,FE-2,FE-	Preparation of reports for Roskosmos site

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	URAGAN. Observations and Photography
FE-1,FE-2	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