## **CREW OFF-DUTY**

GMT	CREW	ACTIVITY
06:00-06:10	CDR	Morning Inspection
06:00-06:05	FE-2	PROK Urine PH Test
06:00-06:05	FE-3	Elektron-VM Aerosol Filter Inspection
06:05-06:25	FE-2	Urine Sample Collection
06:05-06:10	FE-3	Morning Inspection
06:10-06:40	CDR,FE-3	Post-sleep
06:25-06:35	FE-2	HRF Urine Sample MELFI Insertion
06:35-07:30	FE-2	BREAKFAST
06:40-07:30	CDR,FE-3	BREAKFAST
09:00-10:00	FE-2	Physical Exercise T 2
10:00-11:30	FE-2	Physical Exercise (ARED)
11:30-13:00	CDR	Physical Exercise (TVIS), Day 1
11:30-11:45	FE-2	Private Family Conference (S-band)
12:00-13:00	FE-3	Physical Exercise (ARED)
12:00-12:20	FE-2	HRF Urine Sample Collection Subject
12:20-12:25	FE-2	HRF Urine Sample Insertion Into MELFI
13:00-14:00		LUNCH
14:00-14:05	FE-2	PROK Diet Logging (Day 2-4)
14:00-14:40	FE-3	COЖ Maintenance. Inspection of CPB-K2M hose between MΦ-P and БРПК separator SM and FGB Flush Counter (СП), Water Supply System (СВО), Potok Air Purification System Data Calldowns
14:05-14:25	FE-2	Urine Sample Collection
14:25-14:30	FE-2	HRF Urine Sample Insertion into MELFI
14:40-14:55	CDR	Private Family Conference (S+Ku-band)
15:45-16:45	CDR	Physical Exercise (VELO), Day 1
16:45-18:15	FE-3	Physical Exercise (TVIS), Day 2
18:05-18:25	FE-2	HRF Urine Sample Collection Subject
18:25-18:30	FE-2	HRF Urine Sample Insertion Into MELFI
18:30-18:40	FE-2	HRF Blood Collection Hardware Setup
18:50-19:05		Daily Planning Conference (S-band)
19:05-19:30	CDR,FE-2	Evening Work Prep
19:05-19:25	FE-3	Evening Work Prep
19:25-19:30	FE-3	Elektron-VM Aerosol Filter Inspection
19:30-21:30		Pre-sleep
21:30-06:00		SLEEP
Task List	CDR,FE-3	ECON. Observations and Photography
		URAGAN. Observations and Photography
		SEINER Ocean Observations

## Notes

1. SM Window #9 shutter opening is at crew discretion w/ Report to MCC

- 2. See OSTP for references to US activities
- 3. Pre-sleep ops: dinner, daily food prep, evening toilet End of Radiogram