CREW OFF DUTY

GMT	CREW	ACTIVITY
06:00-06:05	CDR	Elektron-VM Aerosol Filter Inspection
06:00-06:05	FE-2	REACTION Self Test
06:00-06:10	FE-3,FE-5	Morning Inspection
06:00-06:05	FE-4,FE-6	SLEEP Data Log Entry
06:05-06:10	CDR ,FE- 4,FE-6	Morning Inspection
06:05-06:10	FE-2	SLEEP Data Log Entry
06:10-06:40		Post-sleep
06:40-07:30		BREAKFAST
08:00-08:05	FE-6	Waste and Hygiene Compartment. EDV Configuration
09:00-10:00	FE-2	Physical Exercise T 2
09:50-11:20	FE-3	Physical Exercise (TVIS), Day 2
10:00-11:30	FE-2	Physical Exercise (ARED)
10:30-11:30	FE-6	Physical Exercise T 2
11:20-12:20	CDR	Physical Exercise (VELO), Day 1
11:30-13:00	FE-6	Physical Exercise (ARED)
11:45-12:00	FE-5	Private Family Conference (Ku+S-band)
13:00-14:00		LUNCH
14:00-14:15	FE-4	Private Family Conference
14:00-14:40	FE-5	СОЖ Maintenance. SM and FGB Flush Counter (СП), Water Supply System (СВО), Potok Air Purification System Data Calldowns Inspection of CPB-K2M hoses from МФ-Р up to БРПК separator
15:00-16:30	CDR	Physical Exercise (TVIS), Day 1
15:00-16:00	FE-5	Physical Exercise (ARED)
16:00-17:30	FE-4	Physical Exercise (ARED)
16:00-17:30	FE-5	Physical Exercise (TVIS), Day 1
16:30-16:45	FE-6	Private Family Conference
17:30-18:30	FE-4	Physical Exercise T 2
17:40-18:40	FE-3	Physical Exercise (ARED)
18:00-18:05	CDR	Elektron-VM Aerosol Filter Inspection
18:30-18:40	FE-4	T2 Snubber Arm Inspection
18:40-18:55		Evening Work Prep
18:55-19:20		Daily Planning Conference (S-band)
19:20-19:30		Evening Work Prep
19:30-21:20	FE-3	Pre-sleep
19:30-21:30	CDR, FE-4, FE-5 ,FE-6	Pre-sleep
19:30-19:35	FE-2	REACTION Self Test
19:35-21:30	FE-2	Pre-sleep
21:20-21:30	FE-3	BAR Pyren Charging Start
21:30-06:00		SLEEP

Task List	CDR	ECON. Observations and Photography
I ask List		SEINER World Ocean Observations

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: dinner, daily food prep, evening toilet End of Radiogram