

**CREW OFF DUTY**

GMT	CREW	ACTIVITY
06:00-06:10	.	Morning Inspection
06:10-06:40		Post-sleep
06:40-07:25	FE-2	BREAKFAST
06:40-07:30	CDR,FE-1	
07:25-07:30	FE-2	SLEEP FE2 Data Log
09:40-11:10		Physical Exercise (ARED)
10:00-10:05	CDR	HAM Radio Setup
10:05-10:15		HAM Radio Session
11:10-12:10	FE-2	Physical Exercise (CEVIS)
11:15-12:45	CDR	Physical Exercise (ARED)
11:15-12:45	FE-1	Physical Exercise (TVIS), day 3
12:45-13:45	.	LUNCH
15:30-16:30	CDR	Physical Exercise (TVIS)
16:35-16:50	FE-2	Private Psychological Conference ( <i>Ku+S-band</i> )
16:35-17:35	FE-1	Physical Exercise (VELO), day 3
16:50-17:05	CDR	Private Psychological Conference ( <i>Ku+S-band</i> )
17:35-18:15	FE-1	COX Maintenance. <b>CBO, ЦП, and POTOK Air Purification System Data Calldowns</b> Inspection of CM-Y connector on MHP-HC in ACY for moisture (behind panel 139)
18:00-18:35	CDR	Evening Work Prep
18:10-18:35	FE-2	
18:15-18:35	FE-1	
18:35-18:50	.	Daily Planning Conference ( <i>S-band</i> )
18:50-19:30	FE-1	Evening Work Prep
18:50-19:10	CDR	
18:50-18:55	FE-2	O2 Level Status
18:55-19:30		Evening Work Prep
19:10-19:15	CDR	Daily Diet Monitoring
19:15-19:40		Daily Food Prep
19:30-20:00	FE-1,FE-2	DINNER
19:40-19:55	CDR	Private Family Conference ( <i>Ku+S-band</i> )
19:55-20:30		DINNER
20:00-20:30	FE-1,FE-2	Daily Food Prep
20:30-21:30	.	Pre-sleep
21:30-06:00		SLEEP
<b>Task List</b>	FE-1	URAGAN. Observations and Photography
		ECON. Observations And Photography
		PLANTS-1. Payload Status Check

**Notes:**

1. SM Window #9 shutter opening is at crew discretion w/ **Report to MCC**
2. See OSTP for references to US activities.

End of Radiogram