CREW OFF DUTY

GMT	CREW	ACTIVITY
06:00-06:05	CDR	Reaction Self Test
06:00-06:10	FE-1,FE- 2,FE-4	Morning Inspection
06:00-06:05	FE-5	Reaction Self Test
06:00-06:05	FE-6	Reaction Self Test
06:05-06:10	CDR,FE- 5,FE-6	Morning Inspection
06:10-06:40		Post-sleep
06:40-07:30	CDR, FE- 2,FE-4, FE-5,FE-6	BREAKFAST
06:40-07:30	FE-1	BREAKFAST. SM ITCC [Caution & Warning Panel] Test (after breakfast)
07:30-10:00	CDR	Weekly Housekeeping
07:30-09:45	FE-1	Weekly housekeeping SM Ventilation Subsystem Preventive Maintenance, Group E FGB ЦВ2 Fan Cleaning
07:30-10:30	FE-2	
07:30-09:50	FE-4	
07:30-08:10	FE-5	Weekly Housekeeping
07:30-08:30	FE-6	Weekly Housekeeping
08:10-08:25	FE-5	Private Family Conference
08:25-10:45	FE-5	Weekly Housekeeping
08:30-10:00	FE-6	Physical Exercise (ARED)
09:45-10:00	FE-1	Private Family Conference (S+Ku-band)
09:50-11:20	FE-4	Physical Exercise (TVIS), Day 4
10:00-11:30	CDR	Physical Exercise (ARED)
10:00-10:45	FE-1	Weekly housekeeping SM Ventilation Subsystem Preventive Maintenance, Group E FGB ЦВ2 Fan Cleaning
10:00-12:00	FE-6	Weekly Housekeeping
10:45-10:50	FE-5	MPC Power Up
10:50-10:55	FE-5	ISSAC Lab Window Shutter Open
11:20-11:35	FE-4	Private Family Conference (S+Ku-band)
11:30-12:30	CDR	Physical Exercise (CEVIS)
11:30-13:00	FE-1	Physical Exercise (ARED)
12:00-12:05	FE-6	CGBA Status Check
12:00-13:00	FE-2	Physical Exercise (TVIS), Day 4
12:20-13:00	FE-4	Weekly housekeeping Cleaning Potok Air Purification System Pre-filter (after 12:00)
12:30-13:00	CDR	Weekly Housekeeping
13:00-13:30		Weekly Planning Conference (S-band)
13:30-14:30		LUNCH
14:30-15:10	FE-1	COЖ Maintenance. SM and FGB Flush Counter (СП), Water Suppl System (SVO), POTOK Air Purification System Data Calldowns

15:35-16:35	FE-6	Physical Exercise (CEVIS)
16:00-17:30	FE-2	Physical Exercise (ARED)
16:30-17:30	FE-4	Physical Exercise (VELO), Day 4
16:30-17:30	FE-5	Physical Exercise T 2
17:30-18:30	FE-1	Physical Exercise (TVIS), Day 4
17:30-19:00	FE-5	Physical Exercise (ARED)
18:00-18:15	CDR	Crew Discretionary Event
18:50-18:55	CDR	Daily Diet Monitoring
19:00-19:05	FE-5	Daily Diet Monitoring
19:15-19:40	CDR	Pre-sleep
19:30-21:20	FE-5	Pre-sleep
19:30-21:25	FE-6	Pre-sleep
19:30-21:30	FE-1,FE- 2,FE-4	Pre-sleep
19:40-19:55	CDR	Private Family Conference
19:55-21:25	CDR	Pre-sleep
21:20-21:25	FE-5	MPC Power Down
21:25-21:30	FE-5	Reaction Self Test
21:25-21:30	FE-6	Reaction Self Test
21:25-21:30	CDR	Reaction Self Test
21:30-06:00		SLEEP
Task List	FE-1, FE-2, FE-4	Video Footage for Karusel Channel. Questions & Answers
		URAGAN. Observations and Photography
		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
- 3. Pre-sleep ops: daily food prep, dinner, pre-sleep End of Radiogram