CREW OFF DUTY

	CREW	ACTIVITY
06:00-06:10	CDR, FE-1,FE- 2, FE-4 ,FE-6	Morning Inspection
06:00-06:10	FE-5	Urine Spot Test
06:10-06:30	FE-5	HRF Urine Sample Collection
06:10-06:40	CDR, FE-1,FE- 2 , FE-4 ,FE-6	Post-sleep
06:30-06:40	FE-5	HRF Urine Sample Insertion Into MELFI
06:40-06:45	FE-5	Morning Inspection
06:40-07:30	CDR,FE -1,FE- 2 , FE-6	BREAKFAST
06:40-07:30	FE-4	BREAKFAST. SM ITCC [Caution & Warning Panel] Test (after breakfast)
06:45-07:15	FE-5	Post-sleep
07:15-08:05	FE-5	BREAKFAST
07:30-09:30	FE-1	Weekly Housekeeping
07:30-10:30	FE-2,FE-4	SM Ventilation Subsystem Preventive Maintenance, Group E FGB ЦВ2 Fan Cleaning БМП Fan Screen Cleaning
07:30-10:00	CDR	Weekly Housekeeping
07:30-08:30	FE-6	Weekly Housekeeping
08:05-08:15	FE-5	Weekly Housekeeping
08:15-08:30	FE-5	Private Family Conference
08:30-09:00	FE-5	Weekly Housekeeping
08:30-10:00	FE-6	Physical Exercise (ARED)
09:00-09:20	FE-5	HRF Urine Sample Collection
09:20-09:30	FE-5	MELFI Urine Sample Insertion
09:30-10:30	FE-1	Physical Exercise (VELO), Day 1
09:30-11:50	FE-5	Weekly Housekeeping
10:00-11:30	CDR	Physical Exercise (ARED)
10:00-12:00	FE-6	Weekly Housekeeping
10:30-12:00	FE-2	Physical Exercise (TVIS), Day 1
11:00-12:00	FE-1	Weekly Housekeeping SM Ventilation Subsystem Preventive Maintenance, Group E FGB ЦВ2 Fan Cleaning БМП Fan Screen Cleaning
11:30-12:30	CDR	Physical Exercise (CEVIS)
11:30-11:45	FE-4	Private Family Conference (S+Ku-band)
12:00-13:00	FE-4	Physical Exercise (TVIS), Day 1
12:30-12:35	CDR	CGBA Status Check
13:00-14:00		LUNCH
14:00-14:05	FE-5	PROK Diet Logging (Day 2-4)

14:00-14:40	FE-1	СОЖ Maintenance. SM and FGB Flush Counter (СП), Water Supply System (SVO), POTOK Air Purification System Data Calldowns
14:05-14:25	FE-5	HRF Urine Sample Collection
14:25-14:35	FE-5	HRF Urine Sample Insertion Into MELFI
15:30-17:00	FE-1	Physical Exercise (TVIS), Day 1
15:30-15:40	FE-5	Human Research Facility (HRF) Hardware Setup
15:30-15:40	CDR	Latching End Effector (LEE) Cable Photo
16:00-17:00	FE-5	Physical Exercise T 2
16:25-16:40	FE-6	Private Family Conference
16:30-18:00	FE-4	Physical Exercise (VELO), Day 1
17:00-18:30	FE-5	Physical Exercise (ARED)
17:00-17:10	CDR	Latching End Effector (LEE) Cable Photo
17:25-17:35	FE-6	PROK. Urine PH Kit Unstow
17:35-18:35	FE-6	Physical Exercise (CEVIS)
17:35-18:35	FE-2	Physical Exercise (VELO), Day 1
18:30-18:50	FE-5	HRF Urine Sample Collection
18:35-18:45	CDR	Latching End Effector (LEE) Cable Photo
18:35-19:00	FE-1,FE-2, FE-4,FE-6	Evening Work Prep
18:45-19:00	CDR	Evening Work Prep
18:50-19:00	FE-5	MELFI Urine Sample Insertion
19:00-19:20		Daily Planning Conference (S-band)
19:20-19:30		Evening Work Prep
19:30-21:30	FE-1,FE-2, FE-4 ,FE-5,FE-6	Pre-sleep
19:30-19:50	CDR	Pre-sleep
19:50-20:05	CDR	Private Family Conference
20:05-21:30	CDR	Pre-sleep
21:30-07:30		SLEEP
Task List	FE-1,FE-2, FE-4	Preparation of reports for Roskosmos site
		URAGAN. Observations and Photography
		ECON. Observations and Photography

Notes:

- 1. SM Window #9 shutter opening is at crew discretion w/ $\mbox{\bf Report}$ to $\mbox{\bf MCC}$ 2. See OSTP for references to US activities
- 3. Pre-sleep ops: daily food prep, dinner, pre-sleep End of Radiogram