

CREW OFF DUTY

TIME	CREW	ACTIVITY
06:00-06:10	CDR	Morning Inspection. Laptop RS2(1) Reboot
06:00-06:10	FE-1	Morning Inspection
06:00-06:10	FE-2	Morning Inspection RSS1 Reboot
06:00-06:15	FE-3	HRF-SALIVA. Sample collection
06:00-06:05	FE-5	ENERGY-D5 Experiment Reminder
06:00-06:05	FE-6	Urine Spot Test
06:05-06:10	FE-5,FE-6	Morning Inspection
06:10-06:40	CDR,FE-1,FE-2, FE-5,FE-6	Post-sleep
06:15-06:20	FE-3	HRF-MELFI - Sample Insertion into MELFI
06:20-06:25	FE-3	Urine Spot Test
06:25-06:45	FE-3	HRF Urine Sample Collection and Scanning
06:40-07:25	FE-5	BREAKFAST
06:40-07:30	CDR,FE-2,FE-6	BREAKFAST
06:40-07:30	FE-1	BREAKFAST. SM ПСС (Caution & Warning Panel) Test (after breakfast)
06:45-06:50	FE-3	HRF - MELFI Sample Insertion
06:50-07:00	FE-3	Morning Inspection
07:00-07:30	FE-3	Post-sleep
07:25-07:30	FE-5	ENERGY Diet Log of Breakfast
07:30-07:40	FE-2	CASKAD. Manual Mixing in Bioreactor
07:30-08:20	FE-3	BREAKFAST
09:00-10:30	FE-5	ARED Exercise
09:30-10:30	FE-6	CEVIS Exercise
10:30-11:30	CDR	VELO Exercise, Day 4
10:30-11:30	FE-5	T2 Exercise
10:30-12:00	FE-6	ARED Exercise
11:30-13:00	FE-2	БД-2 Exercise, Day 1
12:00-13:00	FE-3	T2 Exercise
12:00-13:30	FE-1	ARED Exercise
12:10-12:25	CDR	Private Family Conference (<i>Ku + S-band</i>)
12:45-13:45	FE-6	LUNCH
13:00-14:00	CDR,FE-2, FE-3,FE-5	LUNCH
13:30-14:30	FE-1	LUNCH
13:45-13:50	FE-6	PROK Diet Logging (Day 2-4)
13:50-14:05	FE-6	Private Family Conference
14:00-14:40	CDR	COЖ Maintenance. SM and FGB CBO, CГО, СПКУ АСУ Counter, POTOK Air Purification System Data Calldowns
14:00-14:05	FE-5	ENERGY Diet Log of Lunch

14:00-14:05	FE-3	PROK Diet Logging (Day 2-4)
14:05-14:15	FE-5	Crew sets the D2Xs intervalometer
14:05-14:25	FE-3	HRF Urine Sample Collection and Scanning
14:25-14:30	FE-3	HRF - MELFI Sample Insertion
14:25-14:30	FE-5	HRF Blood Sample Draw and Photography
15:15-16:15	FE-2	VELO Exercise, Day 1
15:25-15:40	FE-5	Private Family Conference
15:30-16:30	FE-1	БД-2 Exercise, Day 2
15:35-17:05	FE-3	ФУ ARED
16:55-17:10	FE-1	Private Family Conference (<i>Ku+S-band</i>)
17:15-18:45	CDR	БД-2 Exercise, Day 4
17:20-17:40	FE-3	Evening Work Prep
17:40-18:00	FE-3	HRF Urine Sample Collection and Scanning
18:00-18:05	FE-3	HRF - MELFI Sample Insertion
18:15-18:25	FE-6	FMK - stowage
18:20-18:45	FE-3	SALMARK. Health Assessment Questionnaire
18:25-18:45	FE-5,FE-6	Evening Work Prep
18:35-18:45	FE-2	CASKAD. Manual Mixing in Bioreactor
18:45-19:10	.	Daily Planning Conference (<i>S-band</i>)
19:10-19:30	.	Evening Work Prep
19:30-21:30	CDR,FE-1,FE-2	Pre-sleep
19:30-21:25	FE-3	Pre-sleep
19:30-21:20	FE-5,FE-6	Pre-sleep
21:20-21:25	FE-5	Reading REMINDER
21:20-21:25	FE-6	Reading REMINDER
21:25-21:30	FE-5	ENERGY Diet Log of Dinner
21:25-21:30	FE-3	REMINDER -PFE - Reading Reminder
21:25-21:30	FE-6	Reading REMINDER
21:30-06:00	.	SLEEP
Task List	CDR,FE-1,FE-2	ECON-M. Observations and Photography
		SEINER Ocean Observations
		URAGAN Observations and Photography
		Preparation of reports for Roskosmos site
		Video Footage for Roscosmos Press Service
Task List	CDR	CKK Cassette Photography
		Equipment prepack for return on Sygnus

Notes:

1. SM Window No. 9 shutter opening is at crew discretion w/ **Report to MCC**
2. Pre-sleep ops: daily food prep, dinner, pre-sleep
3. See OSTPV for references to US activities.

4. Russian crew uses US exercise equipment strictly per F24 or OSTPV

5. No T2 Exercise at 01:50 - 06:00

End of Radiogram