CREW OFF DUTY

GMT	CREW	ACTIVITY
06:00-06:10		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 ПСС [Caution & Warning Panel] Test (after breakfast)
09:30-10:30	FE-2	Physical Exercise (TVIS), Day 2
10:30-12:00	FE-1	Physical Exercise (ARED)
10:30-12:00	FE-4	Physical Exercise (TVIS), Day 2
12:00-12:30	FE-2	Electrical Food Warmer (ЭΠΠ) Checkout (start)
13:00-14:00	FE-1,FE-2,FE- 4	LUNCH
14:20-14:35	FE-4	Private Psychological Conference (VHF)
14:20-14:50	FE-2	Electrical Food Warmer (ЭΠΠ) Checkout (end)
14:50-15:30	FE-2	COЖ Maintenance. SM and FGB Flush Counter (СП), Water Supply System (SVO), POTOK Air Purification System Data Calldowns (Sband)
15:30-17:00	FE-2	Physical Exercise (ARED)
16:00-17:00	FE-1	Physical Exercise (TVIS), Day 2
17:00-18:00	FE-4	Physical Exercise (VELO), Day 2
18:35-19:00		Daily Planning Conference (S-band)
19:00-19:30	FE-1,FE-2,FE-4 , FE-5,FE-6	Evening Work Prep
19:00-19:20	CDR	Evening Work Prep
19:20-19:35	CDR	Private Family Conference
19:30-21:30	FE-1,FE-2,FE-4 , FE-5,FE-6	Pre-sleep
19:35-21:30	CDR	Pre-sleep
21:30-06:00		SLEEP
Task List	FE-1, FE-2, FE-4	Preparation of reports for Roskosmos site
		URAGAN. Observations and Photography
		ECON. Observations and Photography
		SEINER Ocean Observations

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