

CREW DAY-OFF

TIME	CREW	ACTIVITY
06:00-06:10	CDR, FE-4 , FE-5	Morning Inspection.
06:00-06:05	FE-1, FE-2	IVA – read reminder for clothes wear for physical exercise
06:00-06:05	FE-6	REMINDER – read reminder
06:05-06:15	FE-1	Morning Inspection. Laptop RS2(1) reboot
06:05-06:15	FE-2	Morning Inspection. RSS2 reboot
06:05-06:25	FE-6	HRF – urine sampling
06:10-06:40	CDR, FE-4 , FE-5	Post-sleep
06:15-06:40	FE-1, FE-2	Post-sleep
06:25-06:30	FE-6	HRF- samples placement into MELFI
06:30-06:35	FE-6	REMINDER- read reminder
06:35-06:45	FE-6	Morning Inspection
06:40-07:30	CDR, FE-1, FE-2 , FE-5	BREAKFAST
06:40-07:30	FE-4	BREAKFAST. Testing ПСС CM (after breakfast) / <i>Manual Controls [</i>
06:45-07:10	FE-6	Post-sleep
07:10-08:00	FE-6	BREAKFAST
07:30-07:40	FE-2	CASCAD. Manual mixing in the bioreactor
08:30-09:00	FE-1, FE-2, FE-4	Video recording of greetings
08:35-09:45	CDR	T2 Exercise
09:45-11:05	CDR	ARED Exercise
09:50-10:05	FE-2	Private Family Conference (<i>Ku+S-band</i>)
10:00-11:00	FE-1	БД-2 Exercise, Day 4
10:20-11:30	FE-5	T2 Exercise
11:00-11:05	FE-1	IVA – fill out questionnaire on clothes for physical exercise
11:00-12:30	FE-2	БД-2 Exercise, Day 3
11:05-12:35	FE-1	ARED Exercise
11:15-11:30	FE-4	Private Family Conference (<i>Ku+S-band</i>)
11:30-12:30	FE-6	T2 Exercise
12:00-13:00	FE-4	VELO Exercise, Day 3
12:30-12:35	FE-2	IVA - fill out questionnaire on clothes for physical exercise
13:00-14:00	.	Midday meal
14:00-14:05	FE-1, FE-2	Stowage of dried clothes
14:00-14:20	FE-6	HRF – urine sampling
14:20-14:25	FE-6	HRF- samples placement into MELFI
14:30-14:45	FE-4	Private Psychological Conference (<i>VHF</i>)

14:50-15:05	FE-1	Private Family Conference (<i>Ku+S-band</i>)
14:50-15:30	FE-4	SOZh maintenance. D/I information on [CBO], [CFO], [ACY] counter, POTOK in SM and FGB
16:00-17:30	FE-4	БД-2 Exercise, Day 3
16:10-16:25	FE-5	Private Family Conference
17:05-17:25	FE-6	HRF – stow equipment for urine sampling
17:25-17:45	FE-6	Thermolab – work with tools for circadian cycles
17:30-18:30	FE-2	VELO Exercise, Day 3
17:45-18:00	FE-6	Private Family Conference
18:10-19:30	FE-5	ARED Exercise
18:35-18:45	FE-2	CASCAD. Manual mixing in the bioreactor
18:45-19:00	FE-1, FE-2, FE-4	Daily Planning Conference (<i>S-band</i>)
19:00-19:30	FE-1, FE-2, FE-4	Evening work prep
19:10-19:25	FE-6	HMS – photo of food rations
19:25-21:25	FE-6	Pre-sleep
19:30-21:30	CDR, FE-1, FE-2, FE-4, FE-5	Pre-sleep
21:25-21:30	FE-6	REMINDER- read reminder
21:30-06:00	.	Sleep
Task List	FE-1, FE-2	Testing [СПО МИС] on board RS ISS
	FE-1, FE-2, FE-4	Preparation of reports for Roskosmos site
		ECON-M. Observation and imagery
	FE-2	URAGAN. Observation and imagery
		Imagery of the Earth

Notes:

1. See OSTPV for missing references to US activities.
 2. Pre-sleep ops: daily food prep, dinner, pre-sleep
 3. Russian crew uses US exercise equipment strictly per F24 or OSTPV
- End of radiogram