## **CREW OFF DUTY**

GMT	CREW	ACTIVITY
06:00-06:10		Morning Inspection
06:10-06:15	FE-2	Post-sleep
06:10-06:40	CDR,FE-1	Post-sleep
06:15-06:20	FE-2	SLEEP - data logging
06:20-06:45	FE-2	Post-sleep
06:40-07:30	CDR	BREAKFAST
06:40-07:13	FE-1	BREAKFAST
06:45-07:30	FE-2	BREAKFAST
07:13-07:28	FE-1	URAGAN. Observations and Photography
07:28-07:43	FE-1	BREAKFAST
07:30-09:00	FE-2	Physical Exercise (RED)
07:30-07:45	CDR	БМП Ф1 Absorption Cartridge Regeneration (start)
08:50-09:05	CDR	Private Psychological Conference (VHF)
09:00-10:00	FE-2	Physical Exercise (TVIS)
10:05-13:05	FE-2	Weekly Housekeeping
10:05-11:35	CDR	Physical Exercise (TVIS), day 2
10:25-10:40	FE-1	Private Psychological Conference (VHF)
11:35-13:05	FE-1	Physical Exercise (TVIS), day 2
12:01-12:16	CDR	URAGAN. Observations and photography
13:05-14:05		LUNCH
14:45-15:00	FE-2	Private Psychological Conference (Ku + S-band)
16:15-17:15	CDR	Physical Exercise (VELO+RED), day 2
17:15-17:55	CDR	СОЖ Maintenance.
17:15-18:15	FE-1	Physical Exercise (VELO+RED), day 2
18:15-18:55		Evening Work Prep
18:55-19:10		Daily Planning Conference (S-band)
19:10-19:30		Evening Work Prep
19:30-19:45	CDR	БМП Ф1 Absorption Cartridge Regeneration (terminate)
19:30-20:00	FE-1,FE-2	Daily Food Prep
19:45-20:00	CDR	Daily Food Prep
20:00-20:30		DINNER
20:30-21:30		Pre-sleep
21:30-06:00		SLEEP
Task List	CDR	ECON. Observations and Photography
	FE-1	DIATOMEA. World Ocean Observations
		PLANTS-2. Payload Status Check
		PLANTS-2. Recharging water tank

## Notes:

- SM Window #9 shutter opening is at crew discretion with Report to MCC
  See OSTP for references to US activities.
  End of Radiogram