CREW OFF DUTY

GMT	CREW	ACTIVITY
06:00-06:10	CDR, FE-1 , FE-5,FE-6	Morning Inspection
06:00-06:05	FE-4	Elektron-VM Aerosol Filter Inspection
06:05-06:10	FE-4	Morning Inspection
06:10-06:40		Post-sleep
06:40-07:30		BREAKFAST
08:30-08:45	FE-4	On MCC GO БΜΠ Φ2 Absorption Cartridge Regeneration (start)
09:00-10:00	FE-6	Physical Exercise T 2
10:00-11:30	FE-6	Physical Exercise (ARED)
10:10-10:25	FE-5	Private Medical Conference (S + Ku-band)
10:30-11:30	CDR	Physical Exercise T 2
11:00-11:05	FE-5	Checking Bioglovebox seals and gloves
11:30-13:00	CDR	Physical Exercise (ARED)
11:30-13:00	FE-1	Physical Exercise (TVIS), Day 4
11:40-11:50	FE-6	EHS GC/DMS Ops Start
13:00-13:15	FE-5	Set up video equipment to record ARED exercise
13:00-13:15	FE-1	Driveta Ferrily Conference (C. K., hand)
13:00-13:15	FE-4	Private Family Conference (S+Ku-band)
13:10-13:15	CDR	RWS DCP Cable Disconnect
13:15-14:15		LUNCH
14:15-14:55	FE-1	СОЖ Maintenance
14:15-15:45	FE-6	Urine Pretreat Assembly (UPA) Leak Detection
14:40-14:55	CDR	Private Medical Conference (S + Ku-band)
15:35-16:35	FE-1	Physical Exercise (ARED)
15:35-16:35	FE-5	Physical Exercise (CEVIS)
15:55-17:25	FE-4	Physical Exercise (TVIS), Day 1
16:00-16:15	FE-6	Private Payabalaginal Conference (S. Ku band)
16:15-16:30	CDR	Private Psychological Conference (S +Ku-band)
16:30-16:45	FE-6	Private Medical Conference (S + Ku-band)
16:35-18:05	FE-5	Physical Exercise (ARED)
16:50-16:55	FE-6	EHS GC/DMS Ops Terminate
17:00-17:05	FE-6	PanOptic Exam Preparation
17:10-17:25	CDR	PanOptic Hardware Setup
17:25-17:30	FE-1	PanOptic Exam Preparation
17:25-18:25	FE-4	Physical Exercise (VELO), Day 1
17:25-17:55	CDR	PanOptic Eye Exam
	FE-6	PanOptic Exam Subject
17:55-18:25	CDR	PanOptic Eye Exam
	FE-1	PanOptic Exam Subject
18:05-18:20	FE-5	Stow Video Equipment Used for ARED Exercise Video
18:25-18:40	CDR	PanOptic Hardware Stow and Data Downlink

18:25-18:30	FE-4	Elektron-VM Aerosol Filter Inspection
18:40-19:05		Evening Work Prep
19:05-19:30		Daily Planning Conference (S-band)
19:30-21:30	FE-1 ,FE-5,FE-6	Pre-sleep
19:30-21:15	FE-4	
19:30-19:35	CDR	MPC Power Up
19:35-21:25	CDR	Pre-sleep
21:15-21:30	FE-4	On MCC GO БΜΠ Φ2 Absorption Cartridge Regeneration (termination)
21:25-21:30	CDR	MPC Power Down
21:30-06:00		SLEEP
Task List	FE-1,FE-4	E21/22 Photo/Video
	FE-1	News from Weightlessness Video For ТВЦ TV Channel
	FE-4	RSE2 Laptop Checkout

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: dinner, daily food prep, evening toilet End of Radiogram