CREW OFF DUTY

| GMT | CREW | ACTIVITY |
|-------------|--|---|
| 06:00-06:10 | CDR,FE-2, FE-3 ,FE-4 | Morning Inspection |
| 06:00-06:05 | FE-1 | Elektron-VM Aerosol Filter Inspection |
| 06:00-06:05 | FE-5 | Bisphosphonates Pill Ingestion |
| 06:05-06:10 | FE-1 ,FE-5 | Morning Inspection |
| 06:10-06:40 | | Post-sleep |
| 06:40-07:30 | | BREAKFAST |
| 09:00-10:30 | FE-2 | Physical Exercise (ARED) |
| 09:30-10:30 | FE-1 | Physical Exercise (TVIS), day 3 |
| 10:30-11:00 | FE-1 | Hygiene Procedures |
| 10:30-10:45 | CDR | Private Psychological Conference (S-band) |
| 10:30-12:00 | FE-4 | Physical Exercise (ARED) |
| 11:05-11:20 | FE-3 | Private Family Conference (Ku+S-band) |
| 12:00-13:00 | FE-4 | Physical Exercise (TVIS) |
| 12:00-13:00 | CDR | Physical Exercise (CEVIS) |
| 12:00-13:00 | FE-3 | Physical Exercise (ARED) |
| 12:10-12:25 | FE-1 | Private Family Conference (Ku+S-band) |
| 13:00-14:00 | | LUNCH |
| 14:00-14:40 | FE-3 | СОЖ Maintenance. SM and FGB Flush Counter (СП), Water Supply System (СВО), Potok Air Purification System Data Calldowns |
| 15:00-15:05 | FE-4 | Urine Processor Assembly (UPA) Fill |
| 15:10-15:25 | CDR | Private Family Conference (Ku+S-band) |
| 15:10-16:40 | FE-5 | Physical Exercise (ARED) |
| 15:40-16:40 | FE-2 | Physical Exercise (CEVIS) |
| 15:45-16:45 | FE-3 | Physical Exercise (TVIS), day 4 |
| 16:40-18:10 | CDR | Physical Exercise (ARED) |
| 16:40-17:40 | FE-5 | Physical Exercise (CEVIS) |
| 16:45-17:15 | FE-3 | Hygiene Procedures |
| 16:50-17:05 | FE-2 | Private Family Conference (Ku+S-band) |
| 17:15-18:15 | FE-1 | Physical Exercise (VELO), day 3 |
| 18:15-18:25 | | Evening Work Prep |
| 18:25-18:50 | | Daily Planning Conference (S-band) |
| 18:50-19:05 | FE-5 | Private Family Conference (Ku+S-band) |
| 18:50-19:30 | CDR, FE-1 ,FE-2, FE-3 ,FE-4 | Evening Work Prep |
| 19:05-19:30 | FE-5 | |
| 19:30-19:35 | FE-1 | Elektron-VM Aerosol Filter Inspection |
| 19:30-21:30 | CDR,FE-2, FE- 3 , FE-5 | Pre-sleep |
| 19:30-20:00 | FE-4 | |

| 19:35-21:30 | FE-1 | |
|-------------|-----------|---------------------------------------|
| 20:00-20:15 | FE-4 | Private Family Conference (Ku+S-band) |
| 20:15-21:30 | FE-4 | Pre-sleep |
| 21:30-06:00 | | SLEEP |
| Task List | FE-1,FE-3 | URAGAN. Observations and Photography |
| | | ECON Observations and Photography |
| | | SEINER World Ocean Observations |
| | FE-3 | PLANTS-2 Payload Status Check |

Notes:

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