

CREW OFF DUTY

GMT	CREW	ACTIVITY
06:00-06:10	.	Morning Inspection
06:10-06:40	.	Post-sleep
06:40-07:30	.	BREAKFAST
07:30-10:30	CDR	Weekly Housekeeping
07:30-07:50	FE-2	Nutrition and Repository - Urine Sample Collection
07:50-07:55		Nutrition and Repository - Urine Sample MELFI Insertion
08:00-09:00		Weekly Housekeeping
09:00-10:30		Physical Exercise (RED)
09:50-10:10	FE-1	Private Family Conference (<i>Ku + S-band</i>)
10:30-11:30	FE-2	Physical Exercise (CEVIS)
11:30-12:00		Weekly Housekeeping
11:30-13:00	FE-1	Physical Exercise (TVIS), day 3
11:30-13:00	CDR	Physical Exercise (RED)
12:05-12:25	FE-2	Nutrition and Repository - Urine Sample Collection
12:25-12:30		Nutrition and Repository - Urine Sample MELFI Insertion
12:30-12:50		Nutrition and Repository - Stow Urine Sampling Hardware
13:00-14:00	.	LUNCH
14:00-14:05	FE-2	EXPRESS Rack 6 Potable Water Dispenser Iodinated Ambient Water Flush
15:30-16:30	CDR	Physical Exercise (TVIS)
16:35-17:35	FE-1	Physical Exercise (VELO), day 3
17:25-17:40	CDR	Private Psychological Conference (<i>Ku + S-band</i>)
17:35-18:15	FE-1	COX Maintenance. <i>CPI flush counter</i> , <i>CBO (Water Supply System)</i> , <i>Potok Air Purification Unit (in SM) data calldowns</i>
17:45-18:00	FE-2	Private Psychological Conference (<i>Ku + S-band</i>)
18:15-18:35	.	Evening Work Prep
18:35-18:50	.	Daily Planning Conference (<i>S-band</i>)
18:50-19:00	FE-2	Evening Work Prep
18:50-19:30	CDR,FE-1	
19:00-19:15	FE-2	Private Family Conference (<i>Ku + S-band</i>)
19:15-19:30		Evening Work Prep
19:30-20:40	CDR	Presleep (dinner, daily food prep, evening toilet)
19:30-21:30	FE-2,FE-1	
20:40-20:55	CDR	Private Family Conference (<i>Ku+S-band</i>)
20:55-21:30		Presleep (dinner, daily food prep, evening toilet)
21:30-06:00	.	SLEEP
Task List	FE-1	URAGAN. Observations and Photography
		ECON. Observations and Photography
		PLANTS-1. Payload Status Check

Notes:

1. SM Window #9 shutter opening is at crew discretion w/ **Report to MCC**
2. See OSTP for references to US activities.

End of Radiogram