CREW OFF-DUTY

GMT	CREW	ACTIVITY
06:00-06:10	FE-5,FE- 6	Morning Inspection
06:00-06:05	CDR	Elektron-VM System Monitoring
06:05-06:15		Morning Inspection
06:10-06:40	FE-5,FE- 6	Post-sleep
06:15-06:45	CDR	Post-sleep
06:40-07:30	FE-5,FE- 6	BREAKFAST
06:45-07:35	CDR	BREAKFAST
09:00-10:30	FE-6	Physical Exercise (ARED)
10:00-10:15	CDR	Roskosmos video file prep and downlink using OCA
10:30-11:30	FE-6	Physical Exercise (CEVIS)
10:30-11:30	CDR	Physical Exercise (ARED)
11:30-13:00	CDR	Physical Exercise (TVIS), Day 3
12:00-13:00	FE-5	Physical Exercise T 2
13:00-14:00		LUNCH
14:00-14:40	CDR	СОЖ Maintenance. SM and FGB СП (Flush Counter), CBO (Water Supply System), Potok Air Purification Unit Data Calldowns
14:40-14:50	FE-5	ERB2 Disconnection From EDR
14:50-15:00		ERB2 Battery Installation
15:00-15:15	FE-6	WRS Lab Condensate Tank Collection Config
15:00-15:50	FE-5	ERB2 FLY-THROUGH Session During Day Orbit
15:50-16:10		ERB2 Connection To EDR
16:10-17:40		Physical Exercise (ARED)
18:30-18:35	CDR	Elektron-VM System Monitoring
18:50-19:05		Daily Planning Conference (S-band)
19:05-19:30		Evening Work Prep
19:30-21:30		Pre-sleep
21:30-06:00		SLEEP
Task list	CDR	URAGAN. Observations and Photography
		ECON. Observations and Photography
		SEINER Ocean Observations

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: daily food prep, dinner, pre-sleep End of Radiogram