

CREW OFF DUTY

GMT	CREW	ACTIVITY
06:00-06:10	CDR, FE-5	Morning Inspection
06:00-06:05	FE-4	PLASMA CRYSTAL. Pressure Check
06:05-06:10	FE-4	Morning Inspection
06:10-06:40		Post-sleep
06:40-07:30	CDR, FE-5	BREAKFAST
06:40-07:30	FE-4	BREAKFAST SM MCC [Caution & Warning Panel] Test (after breakfast)
07:30-07:45	FE-4	PLANTS-2. Watering
07:30-10:30	CDR, FE-5	Weekly Housekeeping
07:45-09:15	FE-4	Weekly Housekeeping SM Ventilation System Group E Maintenance FGB LJB2 Fan Cleaning
09:15-10:45	FE-4	Physical Exercise (TVIS), Day 3
10:45-12:15	FE-4	Weekly Housekeeping SM Ventilation System Group E Maintenance Cleaning Potok Air Purification System Pre-filters in SM and FGB
10:55-12:10	CDR	Physical Exercise T 2
11:25-11:55	FE-5	Psychological Evaluation Program (WinSCAT)
12:30-12:45	FE-4	Private Psychological Conference (<i>VHF</i>)
12:45-13:15		Weekly Planning Conference (<i>S-band</i>)
13:15-14:15		LUNCH
14:15-14:25	CDR	Food Frequency Questionnaire
14:25-14:55	CDR	Psychological Evaluation Program (WinSCAT)
14:25-14:40	FE-4	Private Family Conference (<i>S + Ku-band in S/G2, S/G1- backup</i>)
14:30-14:40	FE-5	Food Frequency Questionnaire
15:15-15:30	FE-5	Special Private Conference
15:25-15:50	FE-4	ISS-MCC TV. TV Greetings To=15:20, T1, T2, T3 activation from СПП
16:20-17:00	FE-4	COЖ Maintenance
16:45-18:00	CDR	Physical Exercise (ARED)
17:00-18:00	FE-4	Physical Exercise (VELO), Day 3
17:00-18:00	FE-5	Physical Exercise T2
18:00-18:05	FE-4	Equipment Setup for PAO Event
18:00-19:30	FE-5	Physical Exercise (ARED)
18:05-18:15	FE-4	Crew Prep for PAO Event
18:15-18:30	FE-4	ISS-MCC-M TV. TV Address to the Participants of World Science Forum in Budapest (<i>S + Ku-band</i>)
19:30-21:25	FE-4	Pre-sleep
19:30-21:30	CDR, FE-5	Pre-sleep

21:25-21:30	FE-4	PLASMA CRYSTAL. Pressure Check
21:30-06:00		SLEEP
Task List	FE-4	Preparation of reports for Roskosmos site
		SEINER Ocean Observations
		ECON. Observations and Photography

Notes:

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