CREW OFF DUTY

GMT	CREW	ACTIVITY
06:00-06:10	FE-4 ,FE-5	Morning Inspection
06:00-06:05	CDR	BCAT-6 - camera battery changeout and intervalometer restart
06:05-06:10	CDR	Morning Inspection
06:10-06:40		Post-sleep
06:40-07:30	CDR,FE-5	BREAKFAST
06:40-07:30	FE-4	BREAKFAST SM ПСС [Caution & Warning Panel] Test (after breakfast)
10:00-11:15	CDR	Physical Exercise (ARED)
10:00-10:15	FE-4	Private Family Conference (Ku+S-band)
11:45-13:00	FE-4	Physical Exercise (TVIS), Day 1
12:45-12:50	CDR	BCAT6 Sample Check
12:50-13:00	CDR	BCAT-6 - camera battery changeout, image download, and intervalometer restart
13:00-14:00	FE-4 ,FE-5	LUNCH
13:05-13:20	CDR	Private Family Conference
13:20-14:20	CDR	LUNCH
14:20-14:45	FE-5	IPU VRU Hard Drive Deinstall and Transfer
15:10-15:50	FE-4	COЖ Maintenance. SM and FGB Flush Counter (СП), Water Supply System (SVO), POTOK Air Purification System Data Calldowns
15:20-16:00	CDR	Crew Training and Handover Conference
15:50-17:05	FE-4	Physical Exercise (ARED)
16:00-17:15	CDR	Physical Exercise T 2
16:05-17:05	FE-5	Physical Exercise (CEVIS)
17:05-18:35	FE-5	Physical Exercise (ARED)
18:35-18:50		Daily Planning Conference (S-band)
18:55-19:30		Evening Work Prep
19:30-21:25	CDR	Pre-sleep
19:30-21:30	FE-4	Pre-sleep
19:30-19:45	FE-5	Pre-sleep
19:45-20:00	FE-5	Private Family Conference
20:00-21:30	FE-5	Pre-sleep
21:25-21:30	CDR	BCAT-6 - camera battery changeout and intervalometer restart
21:30-06:00		SLEEP
Task List	FE-4	ECON. Observations and Photography
		PLANTS-2. Watering
		URAGAN. Observations and Photography
		Preparation of reports for Roskosmos site

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