

DAY OFF

TIME	CREW	ACTIVITY
06:00-06:10	.	Morning Inspection
06:10-06:40	.	Post-Sleep
06:40-07:30	FE-1, FE-2, FE-3, FE-5, FE-6	Breakfast
06:40-07:30	CDR	Breakfast. SM C&W Panel Test (after breakfast)
07:55-08:10	FE-2	Private Family Conference (<i>Ku+S-band</i>)
09:00-10:30	FE-3	Physical Exercise - ARED
09:00-10:00	FE-6	Physical Exercise - CEVIS
10:30-12:00	FE-1	Physical Exercise - TVIS Day 1
10:30-11:30	FE-3	Physical Exercise - T2
10:30-12:00	FE-5	Physical Exercise - ARED
11:45-13:15	CDR	Physical Exercise - TVIS Day 4
12:00-13:15	FE-2	Physical Exercise - ARED
13:15-14:15	CDR, FE-1, FE-2, FE-3, FE-5	Lunch
13:10-14:10	FE-6	Lunch
14:10-14:25	FE-6	Private Family Conference
14:15-14:55	FE-2	COX Maintenance Data Downlink for [CBO], CFO, CP, YOB "Potok" in SM and FGB
15:30-17:00	FE-6	Physical Exercise - ARED
15:30-16:30	FE-5	Physical Exercise - T2
15:50-16:05	CDR, FE-1, FE-2	Conference with Editor of Russian Cosmos Magazine (<i>S-band</i>)
16:20-17:35	FE-2	Physical Exercise - TVIS Day 4
17:25-17:40	FE-5	Private Family Conference
17:35-18:35	CDR	Physical Exercise - ARED
17:35-18:35	FE-1	Physical Exercise - VELO Day 1
18:30-18:35	FE-6	PROK: urine kit destow
18:35-19:05	.	Evening Work Prep
19:05-19:30	.	Daily Planning Conference (<i>S-band</i>) + Note 4
19:30-21:30	CDR, FE-1, FE-2, FE-5	Pre-Sleep
19:30-21:25	FE-6	Pre-Sleep
7:30 PM-19:50	FE-3	Pre-Sleep
19:50-20:05	FE-3	Private Family Conference
20:05-21:30	FE-3	Pre-Sleep
21:25-21:30	FE-6	PROK DIET: reminder review
21:30-06:00	.	Sleep
Task List	CDR, FE-1	EKON. Observation and imagery
	CDR, FE-2	Filming of Report for Roscosmos Website

Notes:

1. Opening of Window 9: at crew discretion with **Report to MCC**
 2. See OSTP for missing links to US activities.
 3. Pre-Sleep: Dinner, Food Prep, Evening Ablutions
 4. Because of reduced night passes, deactivate all inactive laptops and power supplies except for RSS1, RSS2
- End of Radiogram