

**OFF DUTY**

<b>TIME</b>	<b>CREW</b>	<b>ACTIVITY</b>
06:00-06:05	CDR	Reading reminder for exercise equipment familiarization
06:00-06:10	<b>FE-1</b>	Morning inspection, RSS1,2 Reboot
06:00-06:10	<b>FE-2</b>	Morning Inspection, RS Laptop 1(2) Reboot
06:00-06:10	<b>FE-4, FE-5</b>	Morning Inspection
06:00-06:10	FE-6	Morning Inspection
06:05-06:15	CDR	Morning Inspection
06:10-06:40	<b>FE-1, FE-2, FE-4, FE-5, FE-6</b>	Post sleep
06:15-06:40	CDR	Post sleep
06:40-07:30	<b>FE-1</b>	Breakfast, SM C&W panel test <b>(after breakfast)</b>
06:40-07:30	CDR, <b>FE-2, FE-5, FE-6</b>	Breakfast
06:40-07:30	<b>FE-4</b>	Breakfast
07:30-10:30	CDR, FE-5, FE-6	Weekly station housekeeping
07:30-10:30	<b>FE-1</b>	Weekly station housekeeping SM Ventilation Gr. E Preventive Maintenance FGBLQB2 Cleaning [CKB] Inspection [BKC] Laptop Housekeeping
07:30-10:30	<b>FE-2</b>	Weekly station housekeeping [BKC] Laptop Housekeeping / Radiogram БМП Fan Mesh Cleaning
07:30-10:30	<b>FE-4</b>	Weekly station housekeeping [BKC] Laptop Housekeeping
10:30-11:30	<b>FE-2</b>	Physical Exercise - ARED
10:30-11:30	FE-6	Physical Exercise - T2
10:30-10:35	<b>FE-4</b>	BIOSIGNAL. Cryogem-03 Temperature Monitoring
10:50-10:55	CDR	VEG- weekly visual inspection of plants
10:55-11:10	CDR	VEG-01 - tank servicing
11:30-13:00	<b>FE-2</b>	Physical Exercise - Treadmill-2 - 4
11:30-12:30	FE-5	Physical Exercise - T2
11:30-11:45	<b>FE-4</b>	Review of Treadmill-2 Exercise Procedures
11:30-13:00	FE-6	Physical Exercise - ARED
13:00-14:00	.	Lunch
14:00-14:40	<b>FE-1</b>	COЖ Maintenance
14:00-14:10	FE-6	MELFI - refrigerator visual inspection
14:10-14:40	FE-6	MELF2 - ice block install
14:50-15:05	FE-5	Private Medical Conference
15:05-15:20	FE-6	Private Medical Conference
15:30-15:45	FE-5, FE-6	Exercise Procedure Review

15:30-16:30	CDR	Physical Exercise - CEVIS
15:30-17:00	<b>FE-1</b>	Physical Exercise - Treadmill-2 - 1
16:30-18:00	CDR	Physical Exercise - ARED
17:00-18:00	<b>FE-1</b>	Physical Exercise - VELO - Day 1
17:40-17:55	FE-5	JRNL- log entry
17:55-18:00	FE-5	SHD- daily headache questionnaire
18:00-19:30	<b>FE-4</b>	Physical Exercise Treadmill-2 - familiarization
18:00-19:30	FE-5	Physical Exercise - ARED
19:00-19:15	CDR	JRNL - audio log entry
19:15-19:30	CDR	Private Family Conference
19:25-19:30	FE-6	SHD- daily headache questionnaire
19:30-21:30	.	Pre sleep
21:30-06:00	.	Sleep
<b>Task List</b>	<b>FE-1, FE-2, FE-4</b>	Preparation of Reports for Roscosmos Website
	<b>FE-1, FE-2</b>	СПО МИС Test and Verification aboard ISS RS
		EKON-M. Observation and Photo Imagery
	<b>FE-4</b>	GoPro Camera Disassembly in Soyuz 713. Video Transfer to Hard Drive. Flash Drive Clearing. Battery Charging. Stowage

**Notes:**

1. Opening of Window 9 Cover - at crew discretion w/ **Report to MCC**
  2. Pre-sleep: dinner, daily food prep, ablutions
  3. See OSTPV for references to US activities
  4. Russian crewmember use of US exercise equipment: strictly per F24 or OSTPV
- End of Radiogram