

GMT	CREW	ACTIVITY
07:40-07:50	CDR, FE-1, FE-2	Morning inspection
07:50-08:20		Post-sleep
08:20-09:10		BREAKFAST
09:10-09:25		Daily planning conference (S-band)
09:25-09:35	CDR	CBCS power up
09:25-09:50	FE-2	Work prep
09:30-09:35	FE-1	VTR swapout
09:35-09:50	CDR, FE-1	Work prep
09:50-10:35	CDR, FE-2	Handover
09:50-10:40	FE-1, STS	MPLM - Unberth for further berthing
10:35-10:40	CDR	Deactivation of Volatile Organic Analyzer (VOA)
10:35-10:50	FE-2	Transfer list review
10:40-11:35	CDR	Removal of faulty Soyuz 218 light units and pre-pack for return on the Shuttle
11:20-11:50	FE-1, STS	MPLM Berthing
11:35-12:25	CDR	PLANTS-2. Experiment start. Tagup with specialists (S-band)
11:50-12:35	FE-1	N2 transfer start
11:55-12:25	FE-2	MPLM pre-ingress config
12:25-13:25	CDR, FE-2	LUNCH
12:35-13:15	FE-1	
13:15-14:00	FE-1, STS	MBS GRAPPLE
13:25-13:55	CDR	Node1 nadir CBCS removal
13:35-13:40	FE-2	Private Medical Conference (Ku + S-band)
13:55-15:25	CDR	Replacement of separator-pump MHP-HC #67 and pre-pack for return
14:00-14:30	FE-1, STS	PDGF release on the LAB
14:30-14:50		Flight Day 4 SRMS/OBSS survey position
14:50-15:50	FE-1	Physical exercise (RED)
14:55-16:10	FE-2	MPLM vestibule outfitting for ingress
15:25-15:45	CDR	COX maintenance
15:45-15:55		Elektron Liquid Unit [БЖ] pressurization
15:50-16:20	FE-1, STS	ROOBA leak check and test, part 2
15:55-17:25	CDR	Physical Exercise (TVIS), Day 3
16:10-17:40	FE-2	MPLM vestibule outfitting for ingress
16:20-17:05	FE-1, STS	Equipment Lock config
17:05-17:35		ROOBA health check before pre-breathe
17:25-18:25	CDR	Physical exercise (VELO + Load Trainer/Cycle 1), day 3
17:40-18:05	FE-2	MPLM vestibule outfitting for ingress
17:50-19:20	FE-1	Physical Exercise (TVIS)
18:05-18:25	FE-2	MPLM vestibule outfitting for ingress

18:25-18:35	CDR	Atmosphere analysis using AOK GANK-4M analyzer
18:25-18:40	FE-2, STS	MPLM ingress
18:35-18:50	CDR	PBO-1. PROGNOZ. Manual data dump from R-16 dosimeter
18:40-18:55	FE-2, STS	MPLM config for transfers
18:55-19:10		Transfers tagup
19:10-19:25	FE-2	Transfers briefing
19:20-19:30	FE-1	PAO hardware setup
19:25-19:30	CDR	Transferring TVIS, RED, and HRM data to MEC
19:30-19:40	CDR, FE-1, FE-2	Crew prep for PAO
19:40-20:35	FE-1	EVA1 procedure review
19:40-20:35	FE-2	Report prep
19:40-20:35	CDR	Report prep
20:35-20:55	CDR, FE-1, FE-2	PAO event (Ku + S-band)
20:55-21:10		Daily planning conference (S-band)
21:10-21:40		DINNER
21:40-22:10		Daily Food Prep
22:10-23:10		Pre-sleep
23:10-07:40		SLEEP

See OSTP for references to US activities.

End of Radiogram