

GMT	CREW	ACTIVITY
06:00-06:10	.	Morning inspection
06:10-06:20	CDR	MO-8. Set-up
	FE-2	Post-sleep
06:10-06:20	FE-1	Calf volume measurement
06:20-06:30	FE-2	
06:20-06:40	CDR	Post-sleep
06:20-06:35	FE-1	Body mass measurement
06:35-06:50	FE-2	
06:35-07:05	FE-1	Post-sleep
06:40-06:50	CDR	Calf volume measurement
06:50-07:15	FE-2	Post-sleep
06:50-07:05	CDR	Body mass measurement
07:05-07:15		MO-8. Close-out ops
07:05-07:55	FE-1	BREAKFAST
07:15-08:05	CDR,FE-2	
07:55-08:10	FE-1	Work prep
08:05-08:10	CDR,FE-2	
08:10-08:25	.	Daily Planning Conference (<i>S-band</i>)
08:25-08:35	.	Work prep
08:35-09:05	CDR	Replacement of ПpK-CY transfer hatch seal drive handle
08:35-09:35	FE-2	Fan grille cleaning on FGB interior panels (panels 201, 301, 401)
08:55-10:25	FE-1	Physical Exercise (TVIS)
09:30-10:30	CDR	Measuring voltage on ДВ2 bus, lane БСК-0,5-TA075. <i>Tagup (S-band)</i>
09:45-11:15	FE-2	Physical Exercise (VELO + LT-1) day 1
10:40-12:10	CDR	ACH-M Antenna Feeder Unit Pos. A79 R&R. <i>Tagup (S-band)</i>
10:40-10:55	FE-1	ALTEA - video equipment set up
10:55-11:00		ALTEA - dosimeter deactivation
11:00-11:05		ALTEA - deleting data from laptop for CNSM
11:05-11:35		ALTEA - video equipment setup for CNSM
11:15-11:35	FE-2	
11:35-11:50	FE-1,FE-2	ALTEA - hardware activation for CNSM
11:50-13:20	FE-1	ALTEA - crew member (subject) CNSM test
12:10-13:40	CDR	Physical Exercise (TVIS), day 3
12:20-12:25	FE-2	ALTEA - CNSM check
12:50-12:55		
13:20-13:30		ALTEA - CNSM hardware deactivation
13:20-13:35	FE-1	ALTEA - CNSM data transfer
13:35-13:40		
	FE-2	On MCC Go ISS O2 repress from Progress 356 CpПK (start)
13:40-14:40	.	LUNCH
14:40-14:45	FE-2	ISS O2 repress from Progress 356 CpПK (terminate)
14:40-16:10	CDR	R&R of CPBK-2M hoses Кп-К26, Кп1-А3, Кп3-А3 / p/r 3470

14:45-15:45	FE-1,FE-2	Hardware Prepack for Return on Shuttle Flight
15:45-16:05	FE-2	IMS update
15:55-16:00	FE-1	HAM radio setup
16:00-16:10		HAM radio session
16:05-17:05	FE-2	Physical Exercise (TVIS) day 1
16:35-17:05	FE-1	COX maintenance
16:40-17:20	CDR	Search for tools and equipment prep for Vibration Isolator installation
17:05-18:35	FE-2	Surface samples from FGB equipment and structures
17:05-18:05	FE-1	Physical Exercise (RED)
17:30-18:30	CDR	Physical exercise (TVIS), day 3
18:10-18:25	FE-1	Questionnaire - journal entry
18:25-18:30		Transferring TVIS, RED, and HRM data to MEC
18:30-18:35		TVIS Weekly Maintenance
18:30-18:40	CDR	
18:35-19:00	FE-1,FE-2	Evening work prep
18:40-19:00	CDR	
19:00-19:15		Daily Planning Conference (<i>S-band</i>)
19:15-19:30		Evening work prep
19:30-20:00		DINNER
20:00-20:30		Daily food prep
20:30-21:30		Pre-sleep
21:30-06:00		SLEEP
Task List	CDR	PLANTS-2. Recharging water tank

Note: See OSTP for references to US activities.

End of Radiogram