

GMT	CREW	ACTIVITY
06:00-06:10		Morning inspection
06:10-06:40		Post-sleep
06:40-07:30		BREAKFAST
07:30-07:45		Work prep
07:45-08:00		Daily Planning Conference (<i>S-band</i>)
08:00-08:15		Work prep
08:15-10:15	FE-2	CARDIOCOG. Experiment ops. <i>Tagup with specialists (S-band)</i>
08:15-10:15	CDR	ISS RS plug in audit
09:30-10:15	FE-1	TVIS Monthly Maintenance
10:15-11:45	FE-2	Physical Exercise (RED)
10:15-11:45	FE-1	Physical Exercise (TVIS)
10:15-10:30	CDR	Taking readings from AOK ГАНК-4М gas analyzer
11:05-11:25	CDR	Private family conference (<i>Ku + S-band</i>)
11:30-13:00	CDR	Physical Exercise (TVIS), day 2
11:45-12:45	FE-1	Physical Exercise (RED)
11:45-12:15	FE-2	COЖ maintenance
13:00-14:00		LUNCH
14:00-14:45	CDR	ISS RS plug in audit
14:45-14:55	CDR	US equipment config for TV PAO
14:55-15:40	CDR	TV ISS-MCC Birthday wishes to P. Vinogradov RSC Energia management (<i>Ku+S-band</i>) TV ISS-MCC Birthday wishes to P. Vinogradov RSC Energia management (VHF) To=14:48, T1, T2, T3 from СПП
15:40-16:40	CDR	ISS RS plug in audit
16:05-16:30	FE-1	Scheduled maintenance of Compound Specific Analyzer- Combustion Products (CSA-CP)
16:20-17:20	FE-2	Physical Exercise (VELO+LT-1) day 2
16:40-17:20	CDR	CULT. Questionnaire
17:00-17:45	FE-1	IWIS hardware installation in Airlock
17:20-18:20	CDR	Physical Exercise (TVIS), day 2
17:50-18:10	FE-1	IMS update
18:10-18:15	FE-1	Compound Specific Analyzer- Combustion Products (CSA-CP) spot check
18:15-18:20	FE-1	Transferring TVIS, RED, and HRM data to MEC
18:20-18:45		Evening work prep
18:45-19:00		Daily Planning Conference (<i>S-band</i>)
19:00-19:30		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. Experiment start
		On MCC Go P/L Server [БСПН]. Synchronization.

Note: See OSTP for references to US activities.

End of Radiogram