

GMT	CREW	ACTIVITY
04:15-04:25		Morning inspection
04:25-04:55	CDR, FE-1	Post-sleep
04:25-04:35	FE-2	Post-sleep
04:35-05:25	FE-2	BREAKFAST
04:55-05:45	FE-1, CDR	BREAKFAST
05:30-05:55	FE-2	EVA - break/pre-breathe
05:45-06:15	FE-1, CDR	Work prep
05:55-06:05	FE-2	Work prep
06:15-06:30	FE-1, CDR	Daily Planning Conference (<i>S-band</i>)
06:05-07:35	FE-2	EVA prep
06:30-06:35	FE-1	Radio equipment power down in FGB
06:35-06:45		CWC audit
07:15-08:45	CDR	Physical Exercise (TVIS) day 3
07:35-07:50	FE-2, MS2	EMU-PURGE
07:50-08:40		EMU pre-breathe before EVA
08:40-09:10		Crew Lock depress
08:45-09:45	FE-1	Physical Exercise (TVIS)
08:45-09:45	CDR	Deinstallation of Local Temperature Sensor Switching Unit ЛКТ (TA251МБ) and ROM from Progress
09:10-09:15	FE-2, MS2	Pre-breathe termination and Crew Lock egress before repress
09:45-10:45		LUNCH
10:45-11:45	FE-1	Crew departure prep
10:45-12:45	CDR	Equipment prepack for return on Soyuz
11:30-11:50	FE-2	METOX changeout
11:50-12:10		EMU battery charge (start)
11:55-12:10	FE-1	12A Double Cold Bag Cleanup and Stow
12:10-12:30		Station Operations Data File Deploy
12:10-13:10	FE-2	Physical Exercise (TVIS) day 3
12:30-14:15	FE-1	Transfers
13:05-14:05	CDR	Physical Exercise (TVIS) day 3
13:10-15:15	FE-2	TRANSFER ops
14:15-15:45	FE-1	Physical Exercise (TVIS)
14:15-15:15	CDR	Crew departure prep
15:15-15:30	FE-2	TRANSFERS – tagup (<i>S-band</i>)
15:30-15:40		Transfers briefing (<i>S-band</i>)
15:40-16:10	CDR	COX maintenance
15:45-16:10	FE-1	IWIS installation
16:10-16:30	CDR	IMS update
16:10-16:25	FE-1	Questionnaire - journal entry

16:25-17:05		Report prep
16:30-17:10	FE-2, CDR	Report prep
17:05-17:10	FE-1	Transferring TVIS, RED, and HRM data to MEC
17:10-17:25		Daily Planning Conference (<i>S-band</i>)
17:25-17:45		Report prep
17:45-18:15		DINNER
18:15-18:45		Daily Food Prep
18:45-19:45		Pre-sleep
19:45-04:15		SLEEP

Note: See OSTP for references to US activities.
End of Radiogram