GMT	CREW	Activity
06:00-06:10		Morning inspection
06:10-06:40		Post-sleep
06:40-07:30		BREAKFAST
07:30-08:00		Work prep
08:00-08:05	CDR	Soyuz 7 payload status check (Increment 8)
08:00-08:05	FE-1	RASTENIYA-2. Hardware status check
08:05-08:20		DPC (S-band)
08:20-08:35		PAO prep
08:35-08:50		PAO: Greetings to GCTC on Cosmonaut Day. Use USOS camera (Ku + S-band)
08:50-10:20	CDR	FOOT: video ops
08:50-09:05		Check false indication "KTB is Full"
09:05-10:05	FE-1	Crew departure prep
10:20-12:35		PROFILAKTIKA: Cycle Ergometer. Tagup with a specialist (S-band)
10:20-11:20		FOOT: calibration with video recording
11:20-11:50	CDR	INTERACTION: data collection
11:50-12:50		Crew departure prep
12:35-12:40	FE-1	CPB-K reconfig to initial
12:50-13:50		LUNCH
13:50-15:20		Review of Visiting Crew 6 plan. Tagup with specialists (S-band)
15:20-15:50	FE-1	СОЖ maintenance
15:35-16:05	CDR	Daily plan review
15:50-16:10	FE-1	Switch to РЕГУЛ-ОС String 2
16:05-18:20	CDR	Physical Exercise (TVIS + RED)
16:10-17:10	FE-1	Replacement of gas/liquid mixture filter (ΦΓC) in CPBK-2M (Install ΦΓC #102001, stowage: CM1PO_2_250_1. Prep removed ΦΓC for disposal).
17:10-18:10		Laptop 760XD troubleshooting
18:10-18:30		IMS file prep
18:20-18:50	CDR	FOOT: equipment stow
18:30-18:45	FE-1	Daily plan review
18:45-19:00		Report prep
18:50-19:00	CDR	Report prep
19:00-19:15		DPC (S-band)
19:15-19:30		Report 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	FE-1	Equipment search
		RASTENIYA-2. Canister water top off (Get water from CBO-3B)

Note: See OSTP for references to USOS activities

End of radiogram