

TIME	CREW	Activity /ODF or R/G
06:00 - 06:10	.	Morning inspection
06:10 - 06:40	.	Personal hygiene (post-sleep)
06:40 - 07:30	.	BREAKFAST
07:30 - 07:55		Work prep
07:55 - 08:10	.	Daily planning conference
08:10 - 08:40	CDR, FE-1	??? (Transfer compartment) -??? (Progress) leak check
08:15 - 08:55	FE-2	Replacement of the urine collection device and ?-? (filter) in the ??? (toilet) / ??? ????? ?? item.7.1.4 p.7-5 + r/g 1330
08:40 - 09:00	FE-1, CDR	Open the hatches between ??-??? ? ???-??
08:55 - 09:25	FE-2	??? (ECLSS) maintenance
09:00 - 09:30	CDR, FE-1	Installation of QD screw clamps / ?? item 4.2.2 pp.4-7 through 4-9
09:25 - 09:35	FE-2	HRF Rack smoke detector check-up
09:30 - 10:00	CDR	Deactivating of ??? "???????? ? 1-6" systems, air duct installation / ?? item 4.2.3, 4.2.4 p.4-10
09:35 - 10:05	FE-2	HRF Rack powering up
10:00 - 10:20	CDR	Repress the ??? O2 from the ??? ???? / ??? SM item 3.7 p.3-2,3-3
10:05 - 11:35	FE-2	RED Physical Exercise
10:20 - 10:35	FE-1	Familiarization with the feeding process of the media for the ADVASC experiment
10:30 - 11:30	CDR	TVIS-1 Physical Exercise
10:35 - 11:20	FE-1	Feeding of the media for the ADVASC
11:30 - 12:00	CDR	RED-1 Physical Exercise
11:30 - 12:30	FE-1	TVIS Physical Exercise
11:50 - 12:00	FE-2	PCAM activation, cylinder #11
12:00 - 12:35	CDR	??? 3 plug installation, 3 rd Regul set / r/g 1322
12:00 - 12:25	FE-2	LAB Payloads observation
12:25 - 12:35	FE-2	HRF Rack powering down
12:35 - 13:35		LUNCH
13:35 - 14:05	FE-1	Dosmap Dostel data transfer to the HRF computer
13:35 - 13:55	FE-2	Prep dela file for downlink
14:30 - 14:40	CDR	BIOSPHERE. Audio information downlink / R/G 1311
16:00 - 17:00	CDR	TVIS-1 Physical Exercise
16:35 - 17:15	FE-1	Dosimeter data prep for downlink, dosimeters prep
17:15 - 18:45	FE-1	RED Physical Exercise
17:45 - 18:45	FE-2	TVIS Physical Exercise
18:15 - 18:45	CDR	Next working day plan review
18:45 - 19:15		Report prep
19:30 - 20:00		Dinner
20:00 - 20:15		Daily planning conference
20:15 - 20:30		Daily food ration prep
20:30 - 21:30		Personal hygiene (pre-sleep)
21:30 - 06:00		SLEEP

Note. See unspecified references for the US activities in the ? STP.

End of r/g