

GMT	Crew	Activity
06:00-06:10		Morning inspection
06:10-06:40		Post-sleep
06:40-07:30		BREAKFAST
07:30-08:00	FE-1	Work prep
07:30-07:55	CDR	
07:55-08:00		PLANTS-2. Hardware monitoring
08:00-08:15		DPC (<i>S-band</i>)
08:15-12:45	FE-1	EMU repair – cap cleaning and rotor installation
08:15-08:25		Tag up with "AGAT" specialist (<i>S-band</i>)
08:25-09:10		KAB (humidity condensate) sampling from CPB-K2M – equipment prep and set up
09:10-10:10		IMS update after Progress transfers
10:10-10:15		KAB sampling from CPB-K2M – sampling bag replacement
10:15-11:15	CDR	Physical Exercise (TVIS) day 2
11:15-11:20		KAB sampling from CPB-K2M – sampling bag replacement
11:20-11:50		Physical Exercise (RED)
11:50-12:20		Photography of the docking probe mark on the passive cone of the docking assembly
12:20-12:45		KAB sampling from CPB-K2M - closeout, prep for next sampling session
12:45-13:45		LUNCH
13:45-13:50	CDR	KAB sampling from CPB-K2M - monitoring
13:45-14:45	FE-1	RED canisters prep for installation
13:50-15:20	CDR	IMS update after Progress transfers
14:45-15:15	FE-1	RED canisters installation
15:15-16:45		Physical Exercise (RED)
15:20-15:25		KAB sampling from CPB-K2M - monitoring
15:25-15:55	CDR	KAB sampling from CPB-K2M - closeout, tear down
15:55-16:25		COX maintenance
16:25-16:45		IMS file prep
16:45-17:45	FE-1	Physical Exercise (TVIS)
16:55-17:55	CDR	Physical Exercise (VELO+Force Load/ cycle 1) day 2
17:45-17:50	FE-1	Weekly TVIS maintenance
17:50-17:55		Payload status check

17:55-18:25		Daily plan review
18:25-18:40		DPC (<i>S-band</i>)
18:40-19:10		Report prep
19:10-19:40		Hand ergometry. Tag up with MO-6 specialist (<i>S-band</i>) T0=19.27.30
19:40-20:10	CDR	Daily food prep
19:40-19:55	FE-1	PFC (<i>S-band</i>)
19:55-20:15		Tag up with Photo/TV specialists (<i>S-band</i>)
20:10-20:40	CDR	DINNER
20:15-20:40	FE-1	
20:40-21:30	CDR	Pre-sleep
20:40-21:00	FE-1	Daily food prep
21:00-21:30		Pre-sleep
21:30-06:00		
Task list	CDR	
		Equipment search for crew data exchange network set up

Note. See OSTP for references to USOS activities

End of radiogram