GMT	CREW	ACTIVITY
06:00-06:10		Morning inspection
06:10-06:40		Post-sleep
06:40-07:30		BREAKFAST
07:30-07:55	CDR	Danie for words
07:30-08:00	FE-1	Prep for work
07:55-08:00		RASTENIYA-2. Hardware status check
08:00-08:15		DPC (S-band)
08:15-08:25	FE-1	IMS tagup (S-band)
08:25-08:40		PAO: XIV Aeronautic festival with Ulyanovsk school students (VHF)
08:40-09:40	FE-1	FGB ventilation screen maintenance
08:40-08:55	CDR	TEPC troubleshooting
08:55-11:10	CDR	Physical Exercise (TVIS + RED)
09:40-09:55		Log file downlink from ECMM via ISS Wiener. <i>Tagup with specialists</i> (S-band)
09:55-10:10	FE-1	Test VHF PAO with city of Engels (VHF)
10:10-10:40	FE-1	PROFILAKTIKA. Blood test
10:40-12:25	=	PROFILAKTIKA. Experiment using TVIS. Tagup with specialists. (S-band)
11:10-11:15		Soyuz 7 Payload status check (Increment 8)
11:15-11:50	CDR	FOOT: data download
11:50-12:50		BCAT-3: sample B photography
12:25-12:40	FE-1	PROFILAKTIKA. Cardiocassette-2000 data prep and downlink
12:40-13:20		Installation of pressure setting device into Elektron-VM БЖ #5 (Spares). Tagup with specialists (S-band) (as necessary)
12:50-13:20	CDR	BCAT-3: hardware disassembly
13:25-14:25		LUNCH
14:25-16:25	CDR	Soyuz loading (NASA items) with IMS support (Preliminary)
14:25-15:05		Test of a spare COA emergency vacuum valve [ABK]
15:05-15:35		СОЖ maintenance (Inspection of БРПК separator )
15:35-15:55	FE-1	TVIS/RED data download to MEC
15:55-16:15		HRM data download to MEC
16:15-16:30		HRM data file erase
16:25-16:35	CDR	HRF: rack power off
16:30-16:45		PCS reboot (once a week)
16:45-16:50	FE-1	SSC OCA router reboot
16:50-17:10		IMS file prep
17:10-17:20		Carbon dioxide level monitoring
17:15-17:45	CDR	TEPC data transfer: MEC data download time
17:45-18:00		Questionnaire: log entry
18:00-18:15		DPC (S-band)
18:15-19:15		Crew departure 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

**Note**: See OSTP for references to US activities End of radiogram