GMT	CREW	ACTIVITY
06:00-06:10		Morning inspection
06:10-06:50	CDR-7	
06:10-06:40	CDR, FE-1-7, FE-2	Post-sleep
06:10-06:20	FE-1	
06:20-08:00		DIURESIS: end of experiment (day 2 ops)
06:40-07:30	CDR, FE-2, FE- 1-7	BREAKFAST
06:50-07:20	-CDR-7	DIURESIS: end of experiment (day 2 ops)
07:20-08:00		BREAKFAST
07:30-08:00	FE-1-7, FE-2, CDR	Work prep
08:00-08:10	FE-1	Post-sleep
08:10-08:50		BREAKFAST
08:10-08:25	CDR, FE-2, ISS-	Daily planning conference (S-band)
08:25-09:25	CDR	Physical exercise (TVIS)
08:25-08:35	FE-2	EKAM-Lens swap
08:35-09:25	FE-1-7, FE-2	ISS crew handover
08:35-09:05	CDR-7	Prep for work
08:50-09:05	FE-1	riep ioi work
09:05-09:20	FE-1, CDR-7	Regeneration of Φ2 absorption bed in БМП (term)
09:20-09:35	FE-1	URAGAN: Earth observations and imagery
09:25-10:25	FE-2	Physical exercise (TVIS)
09:25-11:25	CDR, ISS7	ISS crew handover
09:35-10:25		133 Clew Halldovel
10:25-11:25	FE-1	VOZDUKH power cable R&R (17КС.10Ю 8210A-1680, 1690) / Tagup with ground specialist (S-band)
	FE-2	Radiation monitoring: stowage for return
11:25-12:25	FE-1	Physical exercise (TVIS, day 1)
11.25-12.25	CDR, FE-2, ISS7	SSRMS DOUG s/w review
12:25-13:25	OBIX, 1 E 2, 1007	LUNCH
13:25-15:00	CDR-7, FE-1	ISS crew handover
13:25-14:25	FE-1-7, CDR	Suit resizing for ISS-7
13:30-14:10	-FE-2	СОЖ maintenance
14:10-14:50		IMS file prep
14:25-14:55	FE-1-7, CDR	Thermal control system mid-temperature loop sampling
14:50-15:00	FE-2	Set up for PAO event
15:00-15:10		Prep for PAO event
15:10-15:30		PAO event: VESTI TV program (Russian RTR TV channel) (S-band)
15:30-17:00	CDR, FE-2, ISS-7	ISS crew handover

15:55-16:55	FE-1	Physical exercise (TVIS, day 1)
16:55-17:25		PLANTS-2: harvesting plant samples. <i>Tagup with ground specialist</i> (S-band)
17:00-18:00	FE-1-7	Physical exercise (RED)
	FE-2	Physical exercise (CEVIS)
	CDR	Physical exercise (TVIS)
17:00-17:40	CDR-7	Filter R&R (FGB dust collectors ΠC1 & ΠC2)
17:25-17:35	FE-1	PLANTS-2: transferring payload kit to Soyuz. Tagup with ground specialist (S-band)
17:45-18:00	CDR-7	CONJUGATION: BIOKONT-T cold bank R&R
17:55-18:15	FE-1	Prep for MO-21: ECOSFERA power source recharge
18:00-18:30	CDR	Daily plan review
18:00-18:15	FE-2	Work prep
	ISS7	Private medical conference (S-band)
18:15-18:45	FE-1, FE-2, ISS7	Daily plan review
18:45-19:00		Daily planning conference (S-band)
19:00-19:15	FE-2	Private family conference (S-band)
19:00-19:30	ISS7, CDR, FE-1	Work prep
19:20-19:30	FE-2	
19:30-20:00		DINNER
20:00-20:30		Daily food prep
20:30-21:30		Pre-sleep
21:30-06:00		SLEEP

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