

GMT	Crew	Activity
12:20–12:30		Morning inspection
12:30–13:10		Personal hygiene (post-sleep)
13:10–14:00		BREAKFAST
14:00–14:15		Daily planning conference (S-band)
14:15–14:45		Work prep
14:45–15:30	CDR	EMU battery transfer (prep for recharge)
14:50–15:50	PLT, FE-1	HDTV: video recording of crewmembers for subsequent medical evaluation (sessions 1 & 2)
15:30–15:45	CDR	Battery charge (start)
15:50–16:45	PLT, FE-1 assist	CHIBIS workout (? ₀ =16:17)
15:50–17:20	CDR	Physical exercise (RED)
16:45–17:25	PLT	Maintenance of ? ? ?
17:25–18:20	FE-1, PLT assist	CHIBIS workout (? ₀ =17:52)
17:20–18:20	CDR	Physical exercise (TVIS)
18:20–19:20		LUNCH
19:25–19:40	FE-1	Regeneration of ? 2 absorption cartridge in ? ? ? (end)
19:40–22:40	PLT, FE-1	Progress-256 transfer ops
19:30–22:00	CDR	SSMMU update
22:00–23:10		Packing for UF-1
22:40–23:40	FE-1	Physical exercise (TVIS)
23:10–23:35	CDR	DINNER
02:30–03:00		Daily food ration prep
03:00–04:00		Personal hygiene (pre-sleep)
04:00–12:20		SLEEP

End of radiogram