

GMT	CREW	ACTIVITY
06:00-06:10	.	Morning inspection
06:10-06:40	.	Post-sleep
06:40-07:30	.	BREAKFAST
07:55-08:00	FE-1	PLANTS-2. Payload status check
08:15-08:30		PFC (<i>S-band</i>)
08:45-09:25		COЖ maintenance
09:00-10:30	CDR	Physical exercise (RED)
09:25-09:30	FE-1	[CBO] data downlink
09:30-09:35		СП counter data downlink
09:35-09:40		Air volume check in gas-liquid mixture of "Электрон-ВМ" system
10:00-11:00	FE-2	Physical exercise (TVIS)
11:00-12:30		Physical exercise (RED)
11:30-12:30	FE-1	Physical exercise (VELO + Load Trainer 1, day 2)
12:30-13:30	.	LUNCH
14:30-14:35	FE-2	IMS file auto import/export
14:45-15:00		PFC (<i>S-band</i>)
15:00-16:00	CDR	Physical exercise (TVIS)
16:20-16:35		PFC (<i>S-band</i>)
16:35-18:05	FE-1	Physical exercise (TVIS)-2
18:05-18:35	.	Daily plan review
18:35-18:50	.	Daily planning conference (<i>S-band</i>)
19:00-19:30	.	Work prep
19:30-20:00	.	DINNER
20:00-20:30	.	Daily food prep
20:30-21:30	.	Pre-sleep
21:30-06:00	.	SLEEP

Note:

1. See OSTP for references to all US activities
2. Task List for FE-1 "Pulse"

End of radiogram