GMT	CREW	ACTIVITY
07:00-07:10	ISS-19,SFPVC, FE-1,CDR	Morning Inspection
07:00-07:20	FE-2	Blood analysis using Portable Clinical Blood Analyzer (PCBA) - subject
07:10-07:40	ISS-19,FE-1, SFPVC	Post-sleep
07:10-07:20	CDR	Post-sleep
07:20-07:30	FE-2	Morning Inspection
07:20-07:40	CDR	Blood analysis using Portable Clinical Blood Analyzer (PCBA) - subject
07:30-07:50	FE-2	Post-sleep
07:40-08:30	ISS-19, SFPVC,FE-1	BREAKFAST
07:40-07:50	CDR	Post-sleep
07:50-08:30	FE-2,CDR	BREAKFAST
08:30-08:45	ISS-18, ISS-19	Daily Planning Conference (S-band)
08:30-09:00	SFPVC	Prep for Work
08:45-09:15	FE-2,CDR, FE-1-19	Prep for Work
08:45-09:15 08:45-09:45	FE-1 CDR-19	Testing Soyuz 223 Telemetry Reception With ISS RS ISTOCHNIK-M TLM System. <i>Tagup with specialists (S-band)</i>
09:15-09:30	FE-1-19	BISE Video Setup
09:15-09:45	CDR,FE-2 assists	Periodic Health Status
09:30-09:50	FE-1-19	BISE Software Load
09:45-11:15	CDR assists	LBNP Exercise (FINAL) (To=10:39). Tagup with specialists
09:45-11:15	FE-1	(VHF+S-band)
09:45-10:20	FE-2	Deploy SODF delivered on Shuttle 15A
10:10-10:20	FE-1-19	BISE Software Load
10:20-11:20	FE-2	SODF Cleanup
10:20-11:00	FE-1-19	BISE Hardware Setup
10:30-11:00	CDR-19	IZGIB (BEND)-DAKON. Experiment setup. <i>Tagup (as necessary)</i> with specialists (S-band)
11:00-11:05		PAO Hardware Setup
11:05-11:25		ISS-MCC-M TV. TV Conference with the Army Shop Show (Ku+S-band)
11:15-11:50	FE-1-19	BISE Experiment Operations
11:15-11:20	CDR	BISE Historical Photography
11:15-11:55	FE-1	Microbial sample collection
11:20-11:50	CDR assists,FE-2	Periodic Health Status
11:25-11:55	CDR-19	Replacement of БРПК-1 [Condensate Separation and Pumping Unit] Separator in CPB-K2M. <i>Pre-pack the removed separator for return on Soyuz 223</i>
11:55-12:00	CDR-19	On MCC Go ISS O2 repress from Progress 366 CpΠK (start)

12:00-13:00	CDR	Physical Exercise (TVIS)
12:00-12:40	CDR-19	AOK ΓΑΗΚ-4M Calibration And Readings
12:05-12:10	FE-1-19	BCAT-4 Camera Checkout
12:10-14:00	FE-1	Stow return equipment in Soyuz
12:15-12:55	FE-2	Periodic Health Status (PHS) Data Entry and Stow
12:15-12:25	SFPVC	Tagup with Consultants Team (VHF1)
12:55-13:00	-CDR-19	ISS O2 Repress from Progress 366 CpΠK (terminate)
13:00-14:00	ODIC-19	Physical Exercise (VELO)
13:00-13:30	SFPVC	E-mail ops
13:00-14:00	CDR,FE-2, FE-1-19	Unpacking cargo delivered by 15A (handover)
13:30-13:40	SFPVC	Private conference using IP-Phone (Ku-band)
14:00-15:00		LUNCH
15:00-20:00		SLEEP
Task list	FE-1	Temperature Check.
I dok iiot	SFPVC	Earth photography and copying photos to a return HDD

Notes:

- SM Window #9 shutter opening is at crew discretion w/ Report to MCC
 See OSTP for references to US activities.
 End of Radiogram