## Refill Of FGB High-Pressure Fuel Tank ????(?) From Progress Resupply System

GMT	Crew	Activity
13:00–13:10	Crew	Activity  Morning inspection
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13:10–13:40	-	Personal hygiene (post-sleep)
13:40–14:30	 	BREAKFAST
14.30–15.35	FE-1	PLASMA CRYSTAL-3: pressure check
15:05–15:35	CDR, PLT	Work prep
15:35–15:50		Daily planning conference (S-band)
15.52–16.05	FE-1	PLASMA CRYSTAL-3: parameter check
16.05–16.25		Work prep
16.10–16.50	CDR	Maintenance of ???
16.25–16.35	FE-1	PLASMA CRYSTAL-3: pump activation
16:35–17:30	PLT, FE-1 assist	Workout in CHIBIS suit (? <sub>0</sub> =17:02)
16:50–17:15	CDR	Daily status check of US payloads
17:15–18:35		Packing of UF-1 return items
17.35–17.50	FE-1	PLASMA CRYSTAL-3: parameter check
18:05–19:00	PLT assist, FE-1	Workout in CHIBIS suit (? <sub>0</sub> =18:38)
19.00–19.20	FE-1	PLASMA CRYSTAL-3: vacuum purge start
19:00–20:00	CDR, PLT	LUNGU
19.20–20.20	FE-1	LUNCH
20:00–22:10	PLT	Dealing of UE 4 nature items
20:00–21:20	CDR	Packing of UF-1 return items
21:35–21:40	FE-1	TEPC powerup
21:40–23:05	İ	Personal time / prep for crew handover
21:45–23:15	CDR	Physical exercise (TVIS)
22:10–23:15	PLT	Personal time / prep for crew handover
23:05–23:25	FE-1	EVA battery charging (start)
23:15–00:15	PLT	Physical exercise (TVIS-1)
	CDR	Physical exercise (RED)
23:35–00:15		Delta file downlink prep
00:15–01:15	FE-1 PLT, CDR	Physical exercise (TVIS-1)
		EVA tool prep
01:15–02:30		Personal time / prep for crew handover
01:15–01:45	FE-1	APCF deactivation
01:45–02:45		DCPCG deactivation
02:30-02:45	PLT, CDR	Review of plan for upcoming day
02:45-03:00	, , , , , , , ,	Daily planning conference (S-band)
03.00-03.05	FE-1	PLASMA CRYSTAL-3: pump deactivation
03:15–04:00	<u> ·                                    </u>	Report prep, work prep
04:00-04:30		DINNER
04:30-05:00		Daily food ration prep
U-1.50-05.00		Daily 1000 fation prep

05:00-06:00	Personal hygiene (pre-sleep)
06:00-14:30	SLEEP

Note: See OSTP for references to US activities

End of radiogram