

GMT	CREW	ACTIVITY
06:00-06:10		Morning inspection
06:10-06:40		Post-sleep
06:40-07:30		BREAKFAST
08:15-08:20	CDR	Monitoring air quantity in Electron-VM gas/liquid system (<i>S-band</i>)
08:20-08:25		Calldown on СП counter data (<i>S-band</i>)
08:25-08:30		Call down on CBO data (<i>S-band</i>)
08:30-08:55		Technical maintenance of COЖ
08:55-09:25		Commemorative activity. Display of logos from Spain.
09:15-10:30	FE-1	Physical Exercise (TVIS)
09:25-09:35	CDR	Filter unit (БФ) CO2 ИК0501 changeout. <i>Take filter БФ CO2 No. 070 (ФГБ1ПГО_2_213_1 in white bag No.3/246-2). Place removed filter into bag ЗИП ГА (СМ1РО_4_449_1) for return to Earth.</i>
09:35-09:45		Activation of Kriogem-03 refrigerator to a minus 22 degrees C setting
10:30-11:30		Physical Exercise (TVIS) day 1
10:30-11:30	FE-1	Printing and replacing PPC procedure pages
11:30-12:30		LUNCH
12:30-12:35	FE-1	Automatic import/export of IMS files
12:30-12:45	CDR	Private family conference (<i>S+Ku-band</i>)
13:55-14:10	FE-1	
14:10-15:40	CDR	Physical Exercise (TVIS) day 1
14:25-15:40	FE-1	Physical Exercise (RED)
15:40-16:10		Daily plan review
16:10-16:25		Daily planning conference (<i>S-band</i>)
16:25-16:35	CDR	DVCAM battery charge
16:30-17:00	FE-1	Prep for work
16:35-17:00	CDR	
17:00-17:30		DINNER
17:30-18:00		Daily food prep
18:00-19:00		Pre-sleep
19:00-03:30		SLEEP

Task List	CDR	Equipment search
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Note: See OSTP to references to US activities
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