GMT	CREW	ACTIVITY
06:10-06:20	FE-1,FE-2	Morning inspection
06:10-06:15	CDR,FE-2-16	Immune - collection of wet saliva
06:15-06:25	CDR,FE-2-16	Morning inspection
06:20-06:50	FE-1,FE-2	Post-sleep
06:25-06:55	CDR,FE-2-16	Post-sleep
06:50-07:40	FE-1,FE-2	BREAKFAST
06:55-07:45	CDR,FE-2-16	BREAKFAST
07:40-08:10	FE-1,FE-2	Prep for Work
07:45-08:10	CDR,FE-2-16	Prep for Work
08:10-08:25		Daily Planning Conference (S-band)
08:25-09:25	FE-2	Physical Exercise (TVIS)
08:25-09:25	CDR	Physical Exercise (RED)
08:25-08:50	FE-1	Crew Familiarization with ISS
08:25-08:35	FE-2-16	Immune Saliva Hardware Stow
08:35-08:40	FE-2-16	Immune - history photo
08:40-08:50	FE-2-16	PAO hardware setup
08:55-09:40	FE-1	Tear down O2 supply system
09:25-10:20	CDR	Pre-EVA Transfers
09:25-10:40	FE-2,FE-2-16	Handover
09:40-10:40	FE-1	Physical Exercise (VELO) day 2
10:20-11:20	CDR	O2/N2 Hose Stow To PMA2 hardware storage rack
10:40-10:55	FE-2,FE-2-16	Double Coldbag Familiarization
10:55-11:25	FE-2	EMU configuration in A/L
12:20-12:40	CDR	Immune - CDR Blood Sample Draw
12:40-13:00	FE-2-16	Immune – FE2 Blood Sample Draw
13:00-14:00		LUNCH
14:00-14:15	FE-1	EVA Camera Removal
14:40-14:55	FE-2-16	Private Family Conference (S + Ku-band)
15:15-15:30	CDR	Private Family Conference (S + Ku-band)
16:15-16:30	FE-2	Private Family Conference (S + Ku-band)
17:00-17:45	FE-2-16	Double Coldbag 1 Flight 10A Pack
17:00-17:35	FE-1	Crew Familiarization with ISS
17:05-17:35	FE-2	Double Coldbag 1 Flight 10A Pack
17:15-18:15	CDR	Physical Exercise (TVIS)
17:35-17:50	FE-1	Verify ИП-1 sensor installation
17:35-17:55	FE-2	CGBA5 - Insert 2 Removal
17:45-18:30	FE-2-16	Double Coldbag 2 Flight 10A Pack
17:50-18:30	FE-1	СОЖ Maintenance CBO, СП, and POTOK Air Purification System data calldown
17:55-18:25	FE-2	Double Coldbag 2 Flight 10A Pack
18:15-18:30	CDR	Food frequency questionnaire
18:30-18:45		Crew Farewell

18:45-19:15	CDR	STS/ISS Hatch Close
18:45-19:45	FE-1	Physical Exercise (TVIS), day 2
18:45-18:55	FE-2-16	Termination of METOX regeneration
18:55-19:55	FE-2-16	Physical Exercise (CEVIS)
19:20-19:25	CDR	Transfer TVIS/RED/CEVIS/HRM data to MEC
19:25-19:55	CDR	Prep for Work
19:45-19:55	FE-1	Prep for Work
19:55-20:10	ISS-16	Daily Planning Conference (S-band)
20:10-20:40	ISS-16	DINNER
20:40-21:10	ISS-16	Daily food prep
21:10-22:10	ISS-16	Pre-sleep
22:10-06:40	ISS-16	SLEEP

Note: 1. See OSTP for references to US activities.
2. SM Window #9 shutter opening at crew discretion
End of Radiogram