GMT	Crew	Activity
06:00-06:10		Morning inspection
06:10-06:40		Post-sleep
06:40-07:30		BREAKFAST
07:30-07:55		Work prep
07:55-08:10		DPC (S-band)
08:10-11:10	CDR	TVIS on-going maintenance
08:10-11:05	FE-1	TVIS on-going maintenance
11:05-11:10	FE-1	TVIS weekly maintenance
11:10-11:45	FE-1	Scope-meter reading check
11:10-12:10	CDR	Physical exercise (TVIS) Day 2
12:10-12:40	CDR	Physical exercise (RED)
11:45-12:15	FE-1	Probe reading check to measure pressure
12:15-12:30	FE-1	HRF-GASMAP CBT
12:40-13:40		LUNCH
13:40-13:45	FE-1	Transfer TVIS, RED, and HRM data to MEC
13:45-14:30	FE-1	UOP #4 troubleshooting
14:00-14:25	CDR	PAO-TV/AUDIO for [THT] Channel To=13.59 (T1, T2, T3 from CΠΠ)
14:30-14:40	FE-1	VIU/SM video camera cable R&R
14:50-15:05	FE-1	Video equipment setup for recording physical exercise on RED
14:50-15:50	CDR	PROFILAKTIKA Experiment setup. Tagup with specialists (S-band)
15:05-16:05	FE-1	Physical Exercise (CEVIS)
16:05-16:10	FE-1	External video camera prep for activation to compare SA motion during physical exercise.
16:10-17:40	FE-1	Physical exercise (RED)
16:25-17:25	CDR	Physical exercise (VELO + Force Loader-1) Day 2
17:25-17:55	CDR	СОЖ maintenance
17:45-17:50	FE-1	Ham Radio hardware prep
17:50-18:00	FE-1	Ham Radio session
17:55-18:15	CDR	Daily plan review
18:00-18:15	FE-1	Daily plan review
18:15-18:30		DPC (S-band)
18:30-18:45	FE-1	Questionnaire: FE1 journal entry
18:30-18:50	CDR	Delta file prep
18:45-19:00	FE-1	Stow video equipment for recording physical exercise on RED
19:05-19:30		Report prep
19:30-20:00		DINNER
20:00-20:30		Daily food prep
20:30-21:30		Pre-sleep
21:30-06:00		SLEEP
Task list	CDR	URAGAN Observation and photo imagery

**Note:** See OSTP for references to USOS activities End of radiogram