

GMT	Crew	Activity
13:00–13:10		Morning inspection
13:10–13:40		Personal hygiene (post-sleep)
13:40–14:30		BREAKFAST
14:30–14:45		Daily planning conference (S-band)
14:45–15:00		Work prep
15:00–15:30	FE-1, PLT	EVA support panel (? ? ?) checkout
15:00–15:10	CDR	Inspection of ? ? ? ?-1 separator
15:10–15:50		Maintenance of ? ? ?
15:30–16:30	FE-1, PLT	Prep of ORLAN replaceable elements
16:30–17:10		ORLAN activation
17:00–18:00	CDR	Physical exercise (RED)
17:10–17:50	FE-1, PLT	Orlan interface unit (? ? ?) checkout
17:50–18:10		Equipment prep
18:00–18:25	CDR	Daily status check of US payloads
18:10–19:10	FE-1, PLT	Water/gas separation of water systems in Orlan and ? ? ? in DC-1
18:25–18:40	CDR	Private psychological support conference
18:40–18:55	CDR	ARIS: guide installation
19:10–20:10		LUNCH
20:10–21:20	FE-1, PLT	ORLAN replaceable element ops
20:25–21:05	CDR	Transfer of TVIS data to MEC
21:05–22:05	CDR	Prep for crew handover
21:20–22:20	FE-1	ORLAN size adjustment
21:20–22:20	PLT	Physical exercise (TVIS)
22:20–23:20	FE-1, PLT	ORLAN leak check / valve functional test
22:20–23:50	CDR	Physical exercise (TVIS)
23:20–23:55		Pressure check: station-side oxygen tanks ? ?-3 and portable repress tank (? ? ?)
23:50–01:00	FE-1	Physical exercise (TVIS)
23:50–00:20	CDR	Work prep
00:45–01:00	CDR	Private family conference (S-band)
01:00–01:15		Daily planning conference (S-band)
01:15–01:45		Review of plan for upcoming day
01:45–02:30		Work prep
01:45–02:00	CDR	UF-1 GUI test
02:00–02:30	CDR	SAFER prep
02:30–03:00		Daily food ration prep
03:00–03:30		DINNER
03:30–04:30		Personal hygiene (pre-sleep)
04:30		SLEEP

Note: See OSTP for references to US activities

End of radiogram