TIME	CREW	ACTIVITY
06:00-06:05	CDR,FE-6	Reading REMINDER
06:00-06:10	FE-1	Morning inspection. RSS1,2 reboot
06:00-06:10	FE-2	Morning inspection. Laptop RS1(2) reboot
06:00-06:10	FE-4	Morning inspection. SM ΠCC Test
06:00-06:10	FE-5	Morning inspection
06:05-06:10	CDR	Morning inspection
06:05-06:10	FE-6	Reading REMINDER
06:10-06:40	CDR, FE-1 , FE- 2,FE-4 , FE-5	Post-sleep
06:10-06:25	FE-6	HRF – sampling and stowage
06:25-06:30	FE-6	HRF- sample insertion in MELFI
06:30-06:50	FE-6	Post-sleep
06:40-07:30	CDR, FE-1 , FE- 2 , FE-4 , FE-5	BREAKFAST
06:50-07:30	FE-6	BREAKFAST
07:30-07:55		DPC (S-band)
07:55-08:05	FE-2	Physical exercise specialist conference
07:55-08:10	FE-4	Work prep
07:55-08:15	FE-1 ,FE-5, FE-6	Work prep
07:55-08:10	CDR	OH – eye site check (prep)
08:05-08:25	FE-2	Work prep
08:10-08:40	FE-4	Daily electrocardiography (end)
08:10-08:30	CDR	Work prep
08:15-08:45	FE-5	BCAT- experiment procedure review
08:15-08:30	FE-6	BIOME - questionnaire
08:25-08:35	FE-1	Private conference with physical exercise specialist
08:25-08:55	FE-2	"Ecosphere" equipment check (MO-21). Tagup with specialist
08:30-08:50	FE-6	Crew time for adaptation and familiarization with ISS
08:35-10:15	FE-1	Stow equipment for disposal on Progress 421(AO), IMS update (Update to since БРΠ-M will be needed after EVA-38, put CБК #103 item 10 (00059904R) in its place along plane III (per IM, it is already in Progress # 421)
08:40-09:10	FE-4	Daily arterial pressure measurement (start)
08:45-09:45	FE-5	T2 Exercise
08:50-09:50	FE-6	OH – eye site check (subject)
08:50-09:50	CDR	OH - eye site check (CMO)
08:55-09:15	FE-2	Diagnostics of КЦП2 second network interface electronic components. <i>Tagu with specialist</i>
09:10-09:20	FE-4	Private conference with physical exercise specialist (S-band)

09:15-10:45	FE-2	ARED exercise
09:20-10:00	FE-4	СОЖ maintenance
09:45-11:00	FE-5	EMU – water sampling and PWR flushing
09:50-10:05	CDR	JRNL- journal entry
09:50-10:05	FE-6	Crew time for adaptation and familiarization with ISS
10:00-11:00	FE-4	VELO exercise, Day 3
10:05-11:05	CDR	OH – eye site check (subject)
10:05-11:05	FE-6	OH - eye site check (CMO)
10:15-12:45	FE-1	MOTOKARD. Experiment ops. Tagup with specialist
10:45-11:00	FE-2	MOTOKARD. Experiment ops assist
11:00-13:00	FE-2	REMOTE RS LAPTOP setup installation on USOS. REMOTE RS LAPTOP SW installation. <i>Tagup with specialist.</i>
11:00-11:20	FE-5	WRS - PWR fill, part 1
11:00-12:00	FE-4	Crew time for adaptation and familiarization with ISS
11:05-12:35	CDR	ARED exercise
11:10-11:25	FE-6	PMC
11:30-11:50	FE-5	WRS - PWR fill, part 2
11:35-12:35	FE-6	T2 exercise
12:00-12:30	FE-4	BIOSIGNAL. Equipment removal from Cryogem-03, placement for stowage and photography. <i>Tagup with specialist</i>
12:00-12:20	FE-5	WRS - PWR fill, part 3
12:20-12:40	FE-5	WRS – PWR fill termination
12:30-13:00	FE-4	BIOSIGNAL. Cryogem-03 freezer teardown
12:35-13:35	CDR	T2 Exercise
12:35-14:05	FE-6	ARED Exercise
12:40-13:40	FE-5	Crew time for adaptation and familiarization with ISS
13:00-14:00	FE-1,FE-2, FE- 4	LUNCH
13:35-14:35	CDR	LUNCH
13:40-14:00	FE-5	WRS – used cartridge removal
14:00-14:30	FE-1	ACΠ-O SM and ACA Progress 421 (AO) hatch cover seal device condition checks prior to Progress 421 undocking
14:00-17:10	FE-2	BAR. Experiment ops
14:00-15:45	FE-4	Transfers from Soyuz 713, IMS update
14:00-15:00	FE-5	LUNCH
14:05-15:05	FE-6	LUNCH
14:30-15:30	FE-1	Transfers for disposal on Progress 421(AO), IMS update
14:35-14:55	CDR	OH – eye site check (stowage)
14:55-15:00	CDR	VEG – daily plant check
15:05-16:05	CDR,FE-5, FE-6	Handover
15:30-15:45	FE-1	PMC (Ku+S-band)
15:45-16:45	FE-1	Transfers from Soyuz 713, IMS update

15:45-16:00	FE-4	PMC (Ku+S-band)
16:00-16:45	FE-4	Transfers for disposal on Progress 421(AO), IMS update
16:05-16:45	CDR	POSSUM payload photography
16:05-16:30	FE-6	Crew time for adaptation and familiarization with ISS
16:05-17:35	FE-5	ARED Exercise
16:30-16:50	FE-6	MERLIN payload SW removal
16:45-16:55	CDR	Fundoscope – eye site research (equipment installation)
16:45-17:35	FE-1	Evening work prep
16:45-18:15	FE-4	БД-2 Exercise, Day 3
16:50-17:00	FE-6	Cygnus - PROX check script review
16:55-17:00	CDR	Fundoscope - eye site research (prep)
17:10-17:25	FE-2	PMC (Ku+S-band)
17:10-17:20	CDR,FE-6	HRF- hardware installation
17:20-17:25	FE-6	SHD-weekly headache questionnaire
17:25-17:55	CDR	Fundoscope - eye site research (subject)
17:25-17:40	FE-2	URISIS equipment prep
17:25-17:55	FE-6	Fundoscope - eye site research (CMO)
17:35-17:50	FE-5	JRNL- journal entry
17:35-19:05	FE-1	ARED Exercise
17:50-18:50	FE-2	БД-2 Exercise, Day 3
17:50-17:55	FE-5	SHD-weekly headache questionnaire
17:55-18:25	FE-5	BCAT- equipment and connectivity checks
17:55-18:00	FE-6	Fundoscope - eye site research (prep)
17:55-18:25	CDR	Evening work prep
18:00-18:25	FE-6	Evening work prep
18:15-18:35	FE-4	IMS ops
18:25-18:55	CDR	Fundoscope - eye site research (CMO)
18:25-18:55	FE-6	Fundoscope - eye site research (subject)
18:25-18:55	FE-5	BCAT- hardware installation
18:35-19:05	FE-4	Evening work prep
18:50-19:05	FE-2	Evening work prep
18:55-19:05	FE-5,FE-6	Evening work prep
18:55-19:05	CDR	Fundoscope - eye site research (equipment stow)
19:05-19:30		DPC (S-band)
19:30-21:30	FE-1,FE-2, FE- 4	Pre-sleep
19:30-21:20	CDR	Pre-sleep
19:30-21:10	FE-6	Pre-sleep
19:30-21:25	FE-5	Pre-sleep
21:10-21:15	FE-6	Reading REMINDER
21:15-21:20	FE-6	Reading REMINDER
21:20-21:25	CDR,FE-6	Reading REMINDER

21:25-21:30	CDR,FE-5, FE-6	Reading REMINDER
21:30-06:00		SLEEP
Task List	FE-1,FE-2, FE-	Prepare features for Roskosmos web-site
Task List	4	EKON-M. Observation and photography

Comments:

- 1. Window shutter #9 opening will be at crew discretion and report to MCC
- 2. Pre-sleep: evening meal, food preparation, evening hygiene
- 3. Refer to OSTP for the missing USOS activity links
- 4. Russian crew shall use US exercisers in strict compliance with F24 or OSTPV.

End of r/g