

GMT	CREW	ACTIVITY
06:00-06:10		Morning inspection
06:10-06:40		Post-sleep
06:40-07:30		BREAKFAST
07:30-07:40		Work prep
07:40-07:55		Daily planning conference ( <i>S-band</i> )
07:55-08:15		Work prep
08:15-08:45	FE-1	CWC No. 1027 condensate processing using Condensate Feed Unit [БПК] <i>CWC stowage location - NOD1P2, b/c 007215J</i> )
08:25-08:45	CDR	Renal Stone: urine collection (termination)
08:45-09:05	FE-1	
08:45-09:15	CDR	Crew time for adaptation and ISS familiarization
09:05-09:25	FE-1	Renal Stone: hardware stow
09:15-09:45	CDR	Inspection of Portable Breathing Apparatus (PBA) and Portable Fire Extinguisher (PFE)
09:25-10:25	FE-1	Crew time for adaptation and ISS familiarization
09:45-09:55	CDR	Setting up v/equipment for PFE video recording
10:00-11:30	CDR	Periodic fitness evaluation -NOM OPS
10:25-10:35	FE-1	PAO downlink: address to Kamchatka citizens ( <i>S-band</i> )
10:35-11:05	FE-1 assists	Periodic fitness evaluation -NOM OPS
11:30-13:00	FE-1	
11:35-12:05	CDR	Crew time for adaptation and ISS familiarization
12:05-12:35	CDR assists	Periodic fitness evaluation -NOM OPS
12:35-13:00	CDR	PHS and UROLUX hardware set up
13:00-13:10	CDR	Setting up v/equipment for PFE video recording
13:00-13:05	FE-1	Carbon dioxide monitoring
13:05-13:15	FE-1	PAO hardware setup
13:10-13:30	CDR	IMS file prep
13:15-13:35	FE-1, (CDR preference)	Conference with German exchange students at MAI ( <i>Ku+S-band</i> )
13:35-14:35		LUNCH
14:35-14:50	CDR	Questionnaire - journal entry
14:40-14:50	FE-1	Taking readings from Real-Time Harmful Contaminant Gas Analyzer ГАНК-4М [AOK]
14:50-16:20		EVA procedure review
16:20-17:50	FE-1	Physical Exercise (TVIS), day 2
16:20-17:50	CDR	Physical Exercise (RED)
17:50-17:55	FE-1	Transfer TVIS, RED, and HRM data to MEC
17:55-18:25		EVA tagup with MCC ( <i>S-band</i> )
18:25-18:35		Daily plan review
18:35-18:50		Daily planning conference ( <i>S-band</i> )
18:50-19:30		Report prep
19:30-20:00		DINNER

20:00-20:30	CDR	Daily food prep
20:00-20:30	FE-1	Daily food prep
20:30-21:30		Pre-sleep
21:30-06:00		SLEEP
<b>Task List</b>	FE-1	<b>On MCC GO:</b> ISS repress with O2 from Progress 354 CpPK

**Note:** See OSTP for references to US activities.

End of radiogram