

GMT	CREW	ACTIVITY
07:30-07:40		Morning inspection
07:40-08:10		Post-sleep
08:10-09:00		BREAKFAST
09:00-09:30		Work prep
09:30-09:45		Daily planning conference (<i>S-band</i>)
09:45-10:45	FE-1, CDR-12	Review CWC filling/sampling procedure
09:45-10:35	CDR, FE-1-12	SPACE CUP NOODLE. Experiment ops and video. Part 1 / Tagup with specialists (<i>S-band</i>)
10:35-11:30		ISS11-ISS12 handover
11:00-11:30	FE-1	SAMS. Laptop replacement
11:00-12:25	CDR-12	Physical Exercise (TVIS)
11:00-12:00	VC SFP	ISS Photo/Video
11:30-11:40	CDR	PLANTS-2. Data collection and copying to memory card for return
11:30-11:40	FE-1-12	Verify ИП-1 sensor installation
11:40-12:10		Removing connector from the separator for return
11:50-12:05	FE-1	Rebooting all PCS (weekly)
12:00-12:10	CDR	PLANTS-2. Data collection and copying to memory card for return
12:05-12:10	FE-1	Rebooting OCA SSC router
12:10-12:25		Questionnaire - journal entry
12:10-12:30	CDR	PLANTS-2. Plant sample collection. Tagup with specialists (<i>S-band</i>)
12:15-12:25	FE-1-12	BIO-10. Setting up containers in AX. <i>Tagup with specialists (S-band)</i>
12:25-12:30	CDR-12, FE-1	Carbon dioxide monitoring
12:30-14:10	FE-1, CDR, ISS-12	ISS11-ISS12 handover
13:20-13:30	VC SFP	ARISS. HAM radio session set up
13:30-13:40		ARISS: HAM radio session
14:00-14:15		Private medical conference (<i>S-band</i>)
14:10-15:10	FE-1-12	Physical Exercise (VELO+Load Trainer-1)
14:10-15:10	FE-1	Physical exercise (RED)
14:10-15:10	CDR	Physical Exercise (TVIS) day 3
15:10-16:10		LUNCH
16:10-17:15	CDR-12, FE-1	ISS12-ISS11 handover
16:15-16:40	VC SFP	SAMPLE. Sample collection from VC9 Space Flight Participant
16:10-16:30	CDR	Earth photo
16:25-16:30	FE-1-12	On MCC GO ISS repress with O2 from Progress 354 CpПK (start)
16:30-17:30	CDR, FE-1-12	Symbolic activity. Envelope signing and stamping
16:50-18:20	VC SFP	Symbolic activity. VC program ops
17:20-17:35	CDR-12	Questionnaire - journal entry
17:20-18:20	FE-1	Physical exercise (TVIS)

17:30-17:35	FE-1-12	ISS O2 repress from Progress 354 CpПK (terminate)
17:30-18:20	CDR	Symbolic activity. VC program ops.
17:35-17:50	ISS-12	CMS exercise overview
17:50-18:05	CDR-12	USOS Backup PAO TV hardware setup
18:05-18:20	ISS-12	Private medical conference (<i>S-band</i>)
18:20-18:50	CDR, FE-1-12	SPACE CUP NOODLE. Experiment ops and video. Part 2 / Tagup with specialists (<i>S-band</i>)
18:20-18:50	CDR-12,	A/L smoke detector inspection
18:50-19:25	FE-1	Lab smoke detector inspection
18:50-19:10	FE-1-12	IMS file prep
18:50-19:50	CDR	Physical exercise (TVIS), Day 3
19:00-19:20	VC SFP	Transfer data from flash card to Laptop RSE HDD
19:10-19:40	FE-1-12	COX maintenance
19:20-19:30	VC SFP	LOW BACK PAIN (MUSCLE) -Back Pain Questionnaire
19:25-19:55	CDR-12, FE-1	Inspection of Node-1 smoke detector
19:30-19:45	VC SFP	MOP. Questionnaire
19:45-20:15	VC SFP, FE-1-12	Daily plan review
19:50-20:15	CDR	Daily plan review
19:55-20:15	FE-1,	Daily plan review
20:15-20:25	CDR-12	Transfer TVIS, RED, and HRM data to MEC
20:15-20:25	CDR, FE-1-12, VC SFP	Report prep
20:25-20:40		Daily planning conference (<i>S-band</i>)
20:40-21:00		Report prep
21:00-21:30		DINNER
21:30-21:50	VC SFP, CDR	Daily food prep
21:30-22:00	ISS-12, FE-1	Daily food prep
21:50-22:05	VC SFP,	PAO TV coverage prep. To=21:50, T1, T2 from CПП
22:05-22:20	CDR	TV PAO (ISS-MCC) Backup <i>Ku+S-band</i> using US DVCAM from USOS
22:00-23:00	ISS-12, FE-1	Pre-sleep
22:20-23:00	CDR, VC SFP	Pre-sleep
23:00-07:30		SLEEP
Task list	CDR	Processing condensate from CWC 1027
		Search for BIOECOLOGY Experiment kits AO2 and AO3

Note: See OSTP for references to US activities.
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