

GMT	CREW	ACTIVITY
06:00-06:10		Morning inspection
06:10-06:40		Post-sleep
06:40-07:30		BREAKFAST
08:20-09:20		Orlan water tank servicing (on specialists' recommendation). Tagup with specialists ( <i>S-band</i> )
09:20-09:50		Consumables prep for Orlan suits, including secondary and individual items . Tagup with specialists ( <i>S-band</i> )
09:50-10:00		Removal of oxygen tank [БК-3] and battery from [БPTA]. Tagup with specialists ( <i>S-band</i> )
10:00-11:30	FE-1	Physical Exercise (RED)
11:00-12:00	CDR	Physical Exercise (TVIS) - day 2
11:30-12:30	FE-1	Physical Exercise (CEVIS)
12:00-12:30	CDR	Physical Exercise (RED)
12:30-13:30	.	LUNCH
13:30-14:00	.	Weekly Planning Conference ( <i>S-band</i> )
14:45-15:00	CDR	Videoconference with friends ( <i>Ku+S-band</i> )
15:10-15:15	FE-1	SSRMS cable demate
17:15-17:45	CDR	Purified Water Container ЕДВ (KOB) filling for Elektron
17:45-18:15	CDR	COX maintenance
18:15-19:15	CDR	Physical Exercise (VELO + Force Loader/ cycle 1) day 2
18:35-19:15	FE-1	Interaction: data collection and backup
19:15-19:30		Questionnaire: journal entry
19:30-20:00		DINNER
20:00-20:30		Daily food prep
20:30-21:30		Pre-sleep
21:30-06:00		SLEEP

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