

GMT	CREW	ACTIVITY
06:00-06:10		Morning Inspection
06:10-06:40		Post-sleep
06:40-07:30	FE-1, FE-2	BREAKFAST
06:40-06:55	CDR	
06:55-07:35		SMCC3, SMTc3 Recovery. <i>Tagup with BBC specialists (S-band)</i>
07:30-09:00	FE-2	Physical Exercise (TVIS)
07:35-08:10	CDR	BREAKFAST
08:35-09:25	FE-1	MATRYOSHKA-R. BUBBLE-dosimeter: detector retrieval and measurements
09:00-10:00	FE-2	Physical Exercise (RED)
09:25-09:45	FE-1	PLANTS-1. Data collection and downlink
10:00-10:40	CDR	SMCC2, SMTc2 Recovery. <i>Tagup with BBC specialists (S-band)</i>
10:40-12:10	FE-1	Physical Exercise (TVIS), Day 2
10:55-13:25	FE-2	US EVA Tool Stowage Ops
12:00-13:00	CDR	Physical Exercise (VELO + RED), Day 2
12:30-13:15	FE-1	Install Station Support Computer (SSC) Client service pack
13:00-13:40	CDR	SMCC1, SMTc1 Recovery. <i>Tagup with BBC specialists (S-band)</i>
13:25-13:40	FE-2	Crew Discretionary Conference (<i>Ku +S-band</i>)
13:40-14:40		LUNCH
14:40-15:00	FE-2	Start BSA battery charge
15:00-15:25	FE-2	Installation of EMUs into Airlock
15:25-15:35	FE-2	Begin METOX regeneration
14:40-15:20	CDR	COЖ Maintenance. ИП-1 position verification
16:00-16:10	FE-1	Elektron-VM (БЖ 009) activation and temperature monitoring on Elektron Secondary Purification Unit
16:30-18:00	CDR	Physical Exercise (TVIS), Day 2
17:25-17:40	FE-2	Private Family Conference (<i>Ku + S-band</i>)
17:30-18:30	FE-1	Physical Exercise (VELO + RED), Day 2
17:55-18:10	FE-2	EPO - Growth Chamber C Monitoring
18:00-18:10	CDR	Switching Vozdukh to manual mode
18:10-18:25	FE-2	Questionnaire - log entry
18:25-18:30		Transfer TVIS/RED/CEVIS/HRM data to MEC
18:30-19:05		Evening work prep
19:05-19:20		Daily Planning Conference (<i>S-band</i>)
19:20-19:30		Evening work prep
19:30-20:00		DINNER
20:00-20:30		Daily Food Prep
20:30-21:30		Pre-sleep
21:30-06:00		SLEEP
Task List	FE-1	GSF-JAXA. TBY temperature monitoring (in the morning)
		PLANTS-1. Payload status check (in the morning)

Note: See OSTP for references to US activities.