Radiogram No. 2935u Form 24 for 04/29/2010 **Ku-band Video Downlink Test. Crew Off-Duty** 

FGB LB2 /  07:30-07:45 FE-3 On MCC GO BMΠ Φ2 Absorption Cartridge Regeneration (start)  07:40-07:50 FE-2 SDRM Powerup  07:45-11:00 FE-3 Weekly Housekeeping SM Ventilation System Preventive Maintenance Group E, Cleaning FGB LB2  07:50-08:20 FE-2 Post-sleep  08:00-09:00 FE-5 Physical Exercise (CEVIS)  08:30-09:30 FE-1 Physical Exercise (VELO), Day 3  09:00-10:30 FE-5 Physical Exercise (ARED)  09:30-10:30 FE-2 Physical Exercise (CEVIS)  09:30-12:35 FE-1 Weekly Housekeeping SM Ventilation System Preventive Maintenance Group E, Cleaning FGB LB2  10:30-12:00 FE-2 Physical Exercise (ARED)  11:05-11:10 FE-6 Connect DCP RWS Cable in Cupola  11:10-11:30 FE-6 Ku-band TV downlink Test (docking prep)  11:30-12:00 CDR, FE-6 Ku-band TV Downlink Test (TV System prep for Soyuz, Progress docking/undocking)  12:00-12:15 CDR Private Family Conference (Ku+S-band)  12:00-12:05 FE-6 Photo/TV: A31P Laptop Deactivation  12:20-12:25 FE-2 HRF Urine Sample Insertion into MELFI	Ku-band Video Downlink Test. Crew Off-Duty				
06:00-06:10   FE-1, FE-3   Morning Inspection	GMT	CREW	ACTIVITY		
06:00-06:05         FE-2         PROK-PH Urine Test           06:00-06:05         FE-5, FE-6         REACTION Self Test           06:05-06:25         FE-2         FE-2 Urine Collection           06:05-06:25         FE-2         FE-2 Urine Collection           06:05-06:10         FE-6         REACTION Self Test           06:10-06:40         CDR, FE-1, FE-3, FE-5         Post-sleep           06:25-06:35         FE-2         HRF - Urine Sample Insertion into MELFI           06:25-06:30         FE-6         Post-sleep           06:25-06:30         FE-6         Nutrition Photography           06:30-06:40         FE-6         Post-sleep           06:30-06:40         FE-2         REACTION Self Test           06:40-07:30         CDR, FE-1, FE-3, FE-5, FE-6         BREAKFAST           FE-6         BREAKFAST         BREAKFAST           FE-1         BREAKFAST         BREAKFAST           FC-10         CDR         Weekly Housekeeping SM Ventilation System Preventive Maintenance Group E, Cleaning FGB LB2 /           07:30-07:45         FE-3         On MCC GO SMIT Φ2 Absorption Cartridge Regeneration (start)           07:45-11:00         FE-3         SDRM Powerup           07:45-11:00         FE-3         Weekly Housekeeping SM Ventilation System Prev	06:00-06:05	CDR	Elektron-VM Aerosol Filter Inspection		
06:00-06:05         FE-5, FE-6         REACTION Self Test           06:05-06:10         CDR, FE-5         Morning Inspection           06:05-06:10         FE-6         REACTION Self Test           06:05-06:10         FE-6         REACTION Self Test           06:10-06:40         CDR, FE-1, FE-3, FE-5         Post-sleep           06:10-06:25 FE-6         Post-sleep           06:25-06:35         FE-2         HRF - Urine Sample Insertion into MELFI           06:25-06:30         FE-6         Nutrition Photography           06:35-06:40         FE-6         Post-sleep           06:35-06:40         FE-2         REACTION Self Test           06:40-07:30         FE-3         REAKFAST           FE-6         BREAKFAST         FE-6           06:40-07:40         FE-2         BREAKFAST           70:30-10:45         CDR         Weekly Housekeeping SM Ventilation System Preventive Maintenance Group E, Cleaning FGB LB2           07:40-07:50         FE-2         SDRM Powerup           07:45-11:00         FE-3         On MCC GO SMIT Φ2 Absorption Cartridge Regeneration (start)           07:50-08:20         FE-2         Post-sleep           08:00-09:30         FE-1         Physical Exercise (CEVIS)           08:30-09:30         FE-1	06:00-06:10	FE-1, FE-3	Morning Inspection		
06:05-06:10         CDR,FE-5         Morning Inspection           06:05-06:25         FE-2         FE-2 Urine Collection           06:05-06:10         FE-6         REACTION Self Test           06:10-06:40         CDR, FE-1, FE-3, FE-5         Post-sleep           06:10-06:25         FE-6         Post-sleep           06:25-06:30         FE-6         Nutrition Photography           06:30-06:40         FE-6         Post-sleep           06:35-06:40         FE-6         Post-sleep           06:35-06:40         FE-7         REACTION Self Test           06:40-07:30         FE-8         REAKFAST           FE-3         FE-5         BREAKFAST           06:40-07:40         FE-2         BREAKFAST           07:30-10:45         FE-3         On MCC GO BMID Φ2 Absorption Cartridge Regeneration (start)           07:30-07:45         FE-3         On MCC GO BMID Φ2 Absorption Cartridge Regeneration (start)           07:40-07:50         FE-3         Weekly Housekeeping SM Ventilation System Preventive Maintenance Group E, Cleaning FGB LJB2           07:50-08:20         FE-2         Post-sleep           08:00-09:00         FE-5         Physical Exercise (CEVIS)           08:30-09:30         FE-1         Physical Exercise (VELO), Day 3	06:00-06:05	FE-2	PROK- PH Urine Test		
06:05-06:25         FE-2         FE-2 Urine Collection           06:05-06:10         FE-6         REACTION Self Test           06:10-06:25         FE-6         Post-sleep           06:10-06:25         FE-6         Post-sleep           06:25-06:35         FE-2         HRF - Urine Sample Insertion into MELFI           06:25-06:30         FE-6         Nutrition Photography           06:30-06:40         FE-6         Post-sleep           06:30-06:40         FE-2         REACTION Self Test           06:40-07:30         FE-3, FE-5, FE-5, FE-6         BREAKFAST           06:40-07:40         FE-2         BREAKFAST           07:30-10:45         CDR         Weekly Housekeeping SM Ventilation System Preventive Maintenance Group E, Cleaning FGB LIB2 /           07:30-07:45         FE-3         On MCC GO EMIT Φ2 Absorption Cartridge Regeneration (start)           07:45-11:00         FE-3         Weekly Housekeeping SM Ventilation System Preventive Maintenance Group E, Cleaning FGB LIB2 /           07:50-08:20         FE-2         Post-sleep SM Ventilation System Preventive Maintenance Group E, Cleaning FGB LIB2 /           07:50-08:20         FE-1         Physical Exercise (CEVIS)           08:30-09:30         FE-1         Physical Exercise (CEVIS)           08:30-09:30         FE-1         Ph	06:00-06:05	FE-5, FE-6	REACTION Self Test		
06:05-06:10 FE-6 REACTION Self Test  06:10-06:40 CDR, FE-1, FE-3, FE-5  06:10-06:25 FE-6 Post-sleep  06:25-06:35 FE-2 HRF - Urine Sample Insertion into MELFI  06:25-06:30 FE-6 Nutrition Photography  06:30-06:40 FE-6 Post-sleep  06:35-06:40 FE-6 Post-sleep  06:35-06:40 FE-6 Post-sleep  06:36-06:40 FE-2 REACTION Self Test  CDR, FE-1, FE-5, FE-6 FE-6 FE-6 Post-sleep  06:40-07:30 FE-3, FE-5, FE-6 FE-6 Post-sleep  07:30-10:45 CDR Weekly Housekeeping SM Ventilation System Preventive Maintenance Group E, Cleaning FE-2 SDRM Powerup  07:45-11:00 FE-2 SDRM Powerup  07:45-11:00 FE-3 Weekly Housekeeping SM Ventilation System Preventive Maintenance Group E, Cleaning FE-3 Weekly Housekeeping SM Ventilation System Preventive Maintenance Group E, Cleaning FGB LB2  07:50-08:20 FE-2 Post-sleep  08:00-09:00 FE-5 Physical Exercise (CEVIS)  08:30-09:30 FE-1 Physical Exercise (VELO), Day 3  09:00-10:30 FE-5 Physical Exercise (ARED)  09:30-12:35 FE-1 Weekly Housekeeping SM Ventilation System Preventive Maintenance Group E, Cleaning FGB LB2  10:30-12:00 FE-2 Physical Exercise (ARED)  11:05-11:35 FE-3 Physical Exercise (ARED)  11:05-11:35 FE-3 Physical Exercise (ARED)  11:05-11:35 FE-6 Ku-band TV downlink Test (docking prep)  11:30-12:00 CDR, FE-6 Ku-band TV downlink Test (TV System prep for Soyuz, Progress docking/undocking)  12:00-12:05 FE-2 Photon Sample Insertion into MELFI	06:05-06:10	CDR,FE-5	Morning Inspection		
06:10-06:40         CDR, FE-1, FE-3, FE-5         Post-sleep           06:10-06:25         FE-6         Post-sleep           06:25-06:35         FE-6         Nutrition Photography           06:30-06:40         FE-6         Nutrition Photography           06:30-06:40         FE-2         REACTION Self Test           06:40-07:30         CDR, FE-1, FE-5, FE-6         BREAKFAST           76:40-07:40         FE-2         BREAKFAST           07:30-10:45         CDR         Weekly Housekeeping SM Ventilation System Preventive Maintenance Group E, Cleaning FGB LIB2 /           07:30-07:45         FE-3         On MCC GO BMIT Φ2 Absorption Cartridge Regeneration (start)           07:40-07:50         FE-2         SDRM Powerup           07:45-11:00         FE-3         Weekly Housekeeping SM Ventilation System Preventive Maintenance Group E, Cleaning FGB LIB2           07:50-08:20         FE-2         Post-sleep           08:00-09:00         FE-5         Physical Exercise (CEVIS)           08:30-09:30         FE-1         Physical Exercise (VELO), Day 3           09:00-10:30         FE-2         Physical Exercise (CEVIS)           09:30-12:35         FE-1         Weekly Housekeeping SM Ventilation System Preventive Maintenance Group E, Cleaning FGB LIB2           10:30-12:00         FE-2	06:05-06:25	FE-2	FE-2 Urine Collection		
FE-3, FE-6   Post-sleep	06:05-06:10	FE-6	REACTION Self Test		
06:25-06:35         FE-2         HRF - Urine Sample Insertion into MELFI           06:25-06:30         FE-6         Nutrition Photography           06:30-06:40         FE-6         Post-sleep           06:35-06:40         FE-2         REACTION Self Test           CDR, FE-1, FE-3, FE-5, FE-6         BREAKFAST           06:40-07:40         FE-2         BREAKFAST           07:30-10:45         CDR         Weekly Housekeeping SM Ventilation System Preventive Maintenance Group E, Cleaning FGB LIB2 /           07:30-07:45         FE-3         On MCC GO BMΠ Φ2 Absorption Cartridge Regeneration (start)           07:40-07:50         FE-2         SDRM Powerup           07:45-11:00         FE-3         Weekly Housekeeping SM Ventilation System Preventive Maintenance Group E, Cleaning FGB LIB2           07:50-08:20         FE-2         Post-sleep           08:00-09:00         FE-5         Physical Exercise (CEVIS)           08:30-09:30         FE-1         Physical Exercise (CEVIS)           09:30-10:30         FE-5         Physical Exercise (CEVIS)           09:30-12:35         FE-1         Weekly Housekeeping SM Ventilation System Preventive Maintenance Group E, Cleaning FGB LIB2           10:30-12:00         FE-2         Physical Exercise (CEVIS)           09:30-12:35         FE-1         Weekly Ho	06:10-06:40		Post-sleep		
06:25-06:30         FE-6         Nutrition Photography           06:30-06:40         FE-6         Post-sleep           06:35-06:40         FE-2         REACTION Self Test           06:40-07:30         CDR, FE-1, FE-5, FE-5, FE-6         BREAKFAST           06:40-07:40         FE-2         BREAKFAST           07:30-10:45         CDR         Weekly Housekeeping SM Ventilation System Preventive Maintenance Group E, Cleaning FGB LJB2 /           07:30-07:45         FE-3         On MCC GO BMΠ Φ2 Absorption Cartridge Regeneration (start)           07:40-07:50         FE-2         SDRM Powerup           Weekly Housekeeping SM Ventilation System Preventive Maintenance Group E, Cleaning FGB LJB2         Weekly Housekeeping SM Ventilation System Preventive Maintenance Group E, Cleaning FGB LJB2           07:50-08:20         FE-3         Physical Exercise (CEVIS)           08:30-09:30         FE-1         Physical Exercise (VELO), Day 3           09:00-10:30         FE-5         Physical Exercise (ARED)           09:30-10:30         FE-2         Physical Exercise (CEVIS)           09:30-12:35         FE-1         Weekly Housekeeping SM Ventilation System Preventive Maintenance Group E, Cleaning FGB LJB2           10:30-12:00         FE-2         Physical Exercise (ARED)           11:05-11:10         FE-6         Connect DCP RWS Cable in Cupol	06:10-06:25	FE-6	Post-sleep		
06:30-06:40         FE-6         Post-sleep           06:35-06:40         FE-2         REACTION Self Test           06:40-07:30         CDR, FE-1, FE-3, FE-5, FE-6, FE-6         BREAKFAST           06:40-07:40         FE-2         BREAKFAST           07:30-10:45         CDR         Weekly Housekeeping SM Ventilation System Preventive Maintenance Group E, Cleaning FGB LIB2 / O7:30-07:45           07:40-07:50         FE-3         On MCC GO БМП Ф2 Absorption Cartridge Regeneration (start)           07:40-07:50         FE-2         SDRM Powerup           07:45-11:00         FE-3         Weekly Housekeeping SM Ventilation System Preventive Maintenance Group E, Cleaning FGB LIB2           07:50-08:20         FE-2         Post-sleep           08:00-09:00         FE-5         Physical Exercise (CEVIS)           08:30-09:30         FE-1         Physical Exercise (VELO), Day 3           09:00-10:30         FE-5         Physical Exercise (VELO), Day 3           09:30-10:30         FE-2         Physical Exercise (CEVIS)           09:30-12:35         FE-1         Weekly Housekeeping SM Ventilation System Preventive Maintenance Group E, Cleaning FGB LIB2           10:30-12:00         FE-2         Physical Exercise (CEVIS)           09:30-10:30         FE-2         Physical Exercise (CEVIS)           10:30-12:20	06:25-06:35	FE-2	HRF - Urine Sample Insertion into MELFI		
06:35-06:40         FE-2         REACTION Self Test           06:40-07:30         CDR, FE-1, FE-3, FE-3, FE-3, FE-3, FE-3, FE-3, FE-3, FE-3         BREAKFAST           06:40-07:40         FE-2         BREAKFAST           07:30-10:45         CDR         Weekly Housekeeping SM Ventilation System Preventive Maintenance Group E, Cleaning FGB LIB2 /           07:30-07:45         FE-3         On MCC GO БМП Ф2 Absorption Cartridge Regeneration (start)           07:40-07:50         FE-2         SDRM Powerup           07:45-11:00         FE-3         Weekly Housekeeping SM Ventilation System Preventive Maintenance Group E, Cleaning FGB LIB2           07:50-08:20         FE-2         Post-sleep           08:00-09:00         FE-5         Physical Exercise (CEVIS)           08:30-09:30         FE-1         Physical Exercise (VELO), Day 3           09:00-10:30         FE-5         Physical Exercise (ARED)           09:30-10:30         FE-1         Physical Exercise (CEVIS)           09:30-12:35         FE-1         Weekly Housekeeping SM Ventilation System Preventive Maintenance Group E, Cleaning FGB LIB2           10:30-12:00         FE-2         Physical Exercise (ARED)           11:05-11:10         FE-6         Connect DCP RWS Cable in Cupola           11:05-11:10         FE-6         Connect DCP RWS Cable in Cupola	06:25-06:30	FE-6	Nutrition Photography		
CDR, FE-1, FE-3, FE-5,BREAKFAST06:40-07:40FE-2BREAKFAST07:30-10:45CDRWeekly Housekeeping SM Ventilation System Preventive Maintenance Group E, Cleaning FGB LB2 /07:30-07:45FE-3On MCC GO BMΠ Φ2 Absorption Cartridge Regeneration (start)07:40-07:50FE-2SDRM Powerup07:45-11:00FE-3Weekly Housekeeping SM Ventilation System Preventive Maintenance Group E, Cleaning FGB LB207:50-08:20FE-2Post-sleep08:00-09:00FE-5Physical Exercise (CEVIS)08:30-09:30FE-1Physical Exercise (VELO), Day 309:00-10:30FE-5Physical Exercise (CEVIS)09:30-10:30FE-2Physical Exercise (CEVIS)09:30-12:35FE-1Weekly Housekeeping SM Ventilation System Preventive Maintenance Group E, Cleaning FGB LB210:30-12:00FE-2Physical Exercise (ARED)11:05-11:10FE-6Connect DCP RWS Cable in Cupola11:05-11:10FE-6Ku-band TV downlink Test (docking prep)11:30-12:00CDR, FE-6Ku-band TV Downlink Test (TV System prep for Soyuz, Progress docking/undocking)12:00-12:05FE-2FE-2 Urine Collection12:00-12:05FE-6Photo/TV: A31P Laptop Deactivation12:20-12:25FE-2HRF Urine Sample Insertion into MELFI	06:30-06:40	FE-6	Post-sleep		
06:40-07:30FE-3, FE-5, FE-6BREAKFAST06:40-07:40FE-2BREAKFAST07:30-10:45CDRWeekly Housekeeping SM Ventilation System Preventive Maintenance Group E, Cleani FGB ЦB2 /07:30-07:45FE-3On MCC GO БМП Ф2 Absorption Cartridge Regeneration (start)07:40-07:50FE-2SDRM Powerup07:45-11:00FE-3Weekly Housekeeping SM Ventilation System Preventive Maintenance Group E, Cleaning FGB ЦB207:50-08:20FE-2Post-sleep08:00-09:00FE-5Physical Exercise (CEVIS)08:30-09:30FE-1Physical Exercise (VELO), Day 309:00-10:30FE-5Physical Exercise (ARED)09:30-12:35FE-1Weekly Housekeeping SM Ventilation System Preventive Maintenance Group E, Cleani FGB ЦB210:30-12:00FE-2Physical Exercise (ARED)11:05-11:10FE-6Connect DCP RWS Cable in Cupola11:05-11:10FE-6Connect DCP RWS Cable in Cupola11:10-11:30FE-6Ku-band TV downlink Test (docking prep)11:30-12:00CDR, FE-6Ku-band TV downlink Test (docking prep)11:30-12:00CDR, FE-6Ku-band TV Downlink Test (TV System prep for Soyuz, Progress docking/undocking)12:00-12:05FE-2FE-2 Urine Collection12:00-12:05FE-6Photo/TV: A31P Laptop Deactivation12:20-12:25FE-2HRF Urine Sample Insertion into MELFI	06:35-06:40	FE-2	REACTION Self Test		
O7:30-10:45   CDR   Weekly Housekeeping SM Ventilation System Preventive Maintenance Group E, Cleaning FGB LμB2 / On MCC GO 5MΠ Φ2 Absorption Cartridge Regeneration (start)   O7:40-07:50   FE-2   SDRM Powerup	06:40-07:30	<b>FE-3</b> , FE-5,	BREAKFAST		
FGB LiB2 / Or:30-07:45   FE-3   On MCC GO SMΠ Φ2 Absorption Cartridge Regeneration (start)	06:40-07:40	FE-2	BREAKFAST		
07:40-07:50FE-2SDRM Powerup07:45-11:00FE-3Weekly Housekeeping SM Ventilation System Preventive Maintenance Group E, Cleaning FGB ЦВ207:50-08:20FE-2Post-sleep08:00-09:00FE-5Physical Exercise (CEVIS)08:30-09:30FE-1Physical Exercise (VELO), Day 309:00-10:30FE-5Physical Exercise (ARED)09:30-10:30FE-2Physical Exercise (CEVIS)09:30-12:35FE-1Weekly Housekeeping SM Ventilation System Preventive Maintenance Group E, Cleaning FGB LIB210:30-12:00FE-2Physical Exercise (ARED)11:05-11:10FE-6Connect DCP RWS Cable in Cupola11:05-12:35FE-3Physical Exercise (TVIS), Day 411:10-11:30FE-6Ku-band TV downlink Test (docking prep)11:30-12:00CDR, FE-6Ku-band TV Downlink Test (TV System prep for Soyuz, Progress docking/undocking)12:00-12:15CDRPrivate Family Conference (Ku+S-band)12:00-12:20FE-2FE-2 Urine Collection12:00-12:05FE-6Photo/TV: A31P Laptop Deactivation12:20-12:25FE-2HRF Urine Sample Insertion into MELFI	07:30-10:45	CDR	Weekly Housekeeping SM Ventilation System Preventive Maintenance Group E, Cleaning FGB LB2 /		
Weekly Housekeeping SM Ventilation System Preventive Maintenance Group E, Cleaning FGB ЦВ2  07:50-08:20 FE-2 Post-sleep  08:00-09:00 FE-5 Physical Exercise (CEVIS)  08:30-09:30 FE-1 Physical Exercise (VELO), Day 3  09:00-10:30 FE-5 Physical Exercise (ARED)  09:30-10:30 FE-2 Physical Exercise (CEVIS)  09:30-12:35 FE-1 Weekly Housekeeping SM Ventilation System Preventive Maintenance Group E, Cleaning FGB ЦВ2  10:30-12:00 FE-2 Physical Exercise (ARED)  11:05-11:10 FE-6 Connect DCP RWS Cable in Cupola  11:05-12:35 FE-3 Physical Exercise (TVIS), Day 4  11:10-11:30 FE-6 Ku-band TV downlink Test (docking prep)  11:30-12:00 CDR, FE-6 Ku-band TV Downlink Test (TV System prep for Soyuz, Progress docking/undocking)  12:00-12:15 CDR Private Family Conference (Ku+S-band)  12:00-12:20 FE-2 FE-2 Urine Collection  12:00-12:25 FE-2 HRF Urine Sample Insertion into MELFI	07:30-07:45	FE-3	On MCC GO БΜΠ Φ2 Absorption Cartridge Regeneration (start)		
SM Ventilation System Preventive Maintenance Group E, Cleaning FGB ЦB2  07:50-08:20 FE-2 Post-sleep  08:00-09:00 FE-5 Physical Exercise (CEVIS)  08:30-09:30 FE-1 Physical Exercise (VELO), Day 3  09:00-10:30 FE-5 Physical Exercise (ARED)  09:30-10:30 FE-2 Physical Exercise (CEVIS)  09:30-12:35 FE-1 Weekly Housekeeping SM Ventilation System Preventive Maintenance Group E, Cleaning FGB ЦB2  10:30-12:00 FE-2 Physical Exercise (ARED)  11:05-11:10 FE-6 Connect DCP RWS Cable in Cupola  11:05-12:35 FE-3 Physical Exercise (TVIS), Day 4  11:10-11:30 FE-6 Ku-band TV downlink Test (docking prep)  11:30-12:00 CDR, FE-6 Ku-band TV Downlink Test (TV System prep for Soyuz, Progress docking/undocking)  12:00-12:15 CDR Private Family Conference (Ku+S-band)  12:00-12:20 FE-2 FE-2 Urine Collection  12:00-12:25 FE-6 Photo/TV: A31P Laptop Deactivation  12:20-12:25 FE-2 HRF Urine Sample Insertion into MELFI	07:40-07:50	FE-2	SDRM Powerup		
08:00-09:00FE-5Physical Exercise (CEVIS)08:30-09:30FE-1Physical Exercise (VELO), Day 309:00-10:30FE-5Physical Exercise (ARED)09:30-10:30FE-2Physical Exercise (CEVIS)09:30-12:35Weekly Housekeeping SM Ventilation System Preventive Maintenance Group E, Cleani FGB ЦВ210:30-12:00FE-2Physical Exercise (ARED)11:05-11:10FE-6Connect DCP RWS Cable in Cupola11:05-12:35FE-3Physical Exercise (TVIS), Day 411:10-11:30FE-6Ku-band TV downlink Test (docking prep)11:30-12:00CDR, FE-6Ku-band TV Downlink Test (TV System prep for Soyuz, Progress docking/undocking)12:00-12:15CDRPrivate Family Conference (Ku+S-band)12:00-12:20FE-2FE-2 Urine Collection12:00-12:05FE-6Photo/TV: A31P Laptop Deactivation12:20-12:25FE-2HRF Urine Sample Insertion into MELFI	07:45-11:00	FE-3			
08:30-09:30FE-1Physical Exercise (VELO), Day 309:00-10:30FE-5Physical Exercise (ARED)09:30-10:30FE-2Physical Exercise (CEVIS)09:30-12:35Weekly Housekeeping SM Ventilation System Preventive Maintenance Group E, Cleani FGB ЦВ210:30-12:00FE-2Physical Exercise (ARED)11:05-11:10FE-6Connect DCP RWS Cable in Cupola11:05-12:35FE-3Physical Exercise (TVIS), Day 411:10-11:30FE-6Ku-band TV downlink Test (docking prep)11:30-12:00CDR, FE-6Ku-band TV Downlink Test (TV System prep for Soyuz, Progress docking/undocking)12:00-12:15CDRPrivate Family Conference (Ku+S-band)12:00-12:20FE-2FE-2 Urine Collection12:00-12:05FE-6Photo/TV: A31P Laptop Deactivation12:20-12:25FE-2HRF Urine Sample Insertion into MELFI	07:50-08:20	FE-2	Post-sleep		
09:00-10:30FE-5Physical Exercise (ARED)09:30-10:30FE-2Physical Exercise (CEVIS)09:30-12:35FE-1Weekly Housekeeping SM Ventilation System Preventive Maintenance Group E, Cleani FGB ЦВ210:30-12:00FE-2Physical Exercise (ARED)11:05-11:10FE-6Connect DCP RWS Cable in Cupola11:05-12:35FE-3Physical Exercise (TVIS), Day 411:10-11:30FE-6Ku-band TV downlink Test (docking prep)11:30-12:00CDR, FE-6Ku-band TV Downlink Test (TV System prep for Soyuz, Progress docking/undocking)12:00-12:15CDRPrivate Family Conference (Ku+S-band)12:00-12:20FE-2FE-2 Urine Collection12:00-12:05FE-6Photo/TV: A31P Laptop Deactivation12:20-12:25FE-2HRF Urine Sample Insertion into MELFI	08:00-09:00	FE-5	Physical Exercise (CEVIS)		
09:30-10:30 FE-2 Physical Exercise (CEVIS)  09:30-12:35 FE-1 Weekly Housekeeping SM Ventilation System Preventive Maintenance Group E, Cleani FGB ЦВ2  10:30-12:00 FE-2 Physical Exercise (ARED)  11:05-11:10 FE-6 Connect DCP RWS Cable in Cupola  11:05-12:35 FE-3 Physical Exercise (TVIS), Day 4  11:10-11:30 FE-6 Ku-band TV downlink Test (docking prep)  11:30-12:00 CDR, FE-6 Ku-band TV Downlink Test (TV System prep for Soyuz, Progress docking/undocking)  12:00-12:15 CDR Private Family Conference (Ku+S-band)  12:00-12:20 FE-2 FE-2 Urine Collection  12:20-12:25 FE-2 HRF Urine Sample Insertion into MELFI	08:30-09:30	FE-1	Physical Exercise (VELO), Day 3		
Weekly Housekeeping SM Ventilation System Preventive Maintenance Group E, Cleani FGB ЦB2	09:00-10:30	FE-5	Physical Exercise (ARED)		
10:30-12:35 FE-1 FGB Lμβ2  10:30-12:00 FE-2 Physical Exercise (ARED)  11:05-11:10 FE-6 Connect DCP RWS Cable in Cupola  11:05-12:35 FE-3 Physical Exercise (TVIS), Day 4  11:10-11:30 FE-6 Ku-band TV downlink Test (docking prep)  11:30-12:00 CDR, FE-6 Ku-band TV Downlink Test (TV System prep for Soyuz, Progress docking/undocking)  12:00-12:15 CDR Private Family Conference (Ku+S-band)  12:00-12:20 FE-2 FE-2 Urine Collection  12:20-12:25 FE-6 Photo/TV: A31P Laptop Deactivation  12:20-12:25 FE-2 HRF Urine Sample Insertion into MELFI	09:30-10:30	FE-2	Physical Exercise (CEVIS)		
11:05-11:10 FE-6 Connect DCP RWS Cable in Cupola  11:05-12:35 FE-3 Physical Exercise (TVIS), Day 4  11:10-11:30 FE-6 Ku-band TV downlink Test (docking prep)  11:30-12:00 CDR, FE-6 Ku-band TV Downlink Test (TV System prep for Soyuz, Progress docking/undocking)  12:00-12:15 CDR Private Family Conference (Ku+S-band)  12:00-12:20 FE-2 FE-2 Urine Collection  12:00-12:25 FE-6 Photo/TV: A31P Laptop Deactivation  12:20-12:25 FE-2 HRF Urine Sample Insertion into MELFI	09:30-12:35	FE-1	Weekly Housekeeping SM Ventilation System Preventive Maintenance Group E, Cleaning FGB LB2		
11:05-12:35 FE-3 Physical Exercise (TVIS), Day 4  11:10-11:30 FE-6 Ku-band TV downlink Test (docking prep)  11:30-12:00 CDR, FE-6 Ku-band TV Downlink Test (TV System prep for Soyuz, Progress docking/undocking)  12:00-12:15 CDR Private Family Conference (Ku+S-band)  12:00-12:20 FE-2 FE-2 Urine Collection  12:00-12:05 FE-6 Photo/TV: A31P Laptop Deactivation  12:20-12:25 FE-2 HRF Urine Sample Insertion into MELFI	10:30-12:00	FE-2	Physical Exercise (ARED)		
11:10-11:30 FE-6 Ku-band TV downlink Test (docking prep) 11:30-12:00 CDR, FE-6 Ku-band TV Downlink Test (TV System prep for Soyuz, Progress docking/undocking) 12:00-12:15 CDR Private Family Conference (Ku+S-band) 12:00-12:20 FE-2 FE-2 Urine Collection 12:00-12:05 FE-6 Photo/TV: A31P Laptop Deactivation 12:20-12:25 FE-2 HRF Urine Sample Insertion into MELFI	11:05-11:10	FE-6	Connect DCP RWS Cable in Cupola		
11:30-12:00CDR, FE-6Ku-band TV Downlink Test (TV System prep for Soyuz, Progress docking/undocking)12:00-12:15CDRPrivate Family Conference (Ku+S-band)12:00-12:20FE-2FE-2 Urine Collection12:00-12:05FE-6Photo/TV: A31P Laptop Deactivation12:20-12:25FE-2HRF Urine Sample Insertion into MELFI	11:05-12:35	FE-3	Physical Exercise (TVIS), Day 4		
12:00-12:15         CDR         Private Family Conference (Ku+S-band)           12:00-12:20         FE-2         FE-2 Urine Collection           12:00-12:05         FE-6         Photo/TV: A31P Laptop Deactivation           12:20-12:25         FE-2         HRF Urine Sample Insertion into MELFI	11:10-11:30	FE-6	Ku-band TV downlink Test (docking prep)		
12:00-12:20         FE-2         FE-2 Urine Collection           12:00-12:05         FE-6         Photo/TV: A31P Laptop Deactivation           12:20-12:25         FE-2         HRF Urine Sample Insertion into MELFI	11:30-12:00	CDR, FE-6	Ku-band TV Downlink Test (TV System prep for Soyuz, Progress docking/undocking)		
12:00-12:05 FE-6 Photo/TV: A31P Laptop Deactivation 12:20-12:25 FE-2 HRF Urine Sample Insertion into MELFI	12:00-12:15	CDR	Private Family Conference (Ku+S-band)		
12:20-12:25 FE-2 HRF Urine Sample Insertion into MELFI	12:00-12:20	FE-2	FE-2 Urine Collection		
·	12:00-12:05	FE-6	Photo/TV: A31P Laptop Deactivation		
	12:20-12:25	FE-2	HRF Urine Sample Insertion into MELFI		
12:25-12:30 FE-2 SDRM EXP Power Down	12:25-12:30	FE-2	SDRM EXP Power Down		
12:35-13:35 . LUNCH	12:35-13:35		LUNCH		
13:35-14:15 <b>FE-1</b> СОЖ Maintenance	13:35-14:15	FE-1	СОЖ Maintenance		
13:35-13:50 <b>FE-3</b> Private Family Conference (Ku + S-band)	13:35-13:50	FE-3	Private Family Conference (Ku + S-band)		
13:50-14:00 FE-6 MELFI Sample Check	13:50-14:00	FE-6	MELFI Sample Check		

14:00-14:05	FE-2	PROK Diet Logging Day 2 - Day 4
14:00-14:15	FE-5	Water Recovery System, Fill CWC-I from WRS Aux Port Rack 1
14:00-14:05	FE-6	PROK Diet Logging Day 2 - Day 4
14:35-16:05	FE-1	Physical Exercise (TVIS), Day 3
14:45-15:45	CDR	Physical Exercise (ARED)
15:00-15:20	FE-2	FE-2 Urine Collection
15:00-15:15	FE-5	Water Recovery System, Filling a CWC-I from PWD Aux Port
15:20-15:25	FE-2	HRF Urine Sample Insertion into MELFI
15:35-15:45	FE-6	CWC Audit
15:45-17:15	CDR	Physical Exercise (TVIS), Day 2
15:45-16:45	FE-6	Physical Exercise (CEVIS)
15:45-16:45	FE-3	Physical Exercise (ARED)
16:45-18:15	FE-6	Physical Exercise (ARED)
17:30-18:00	CDR, FE-1, FE-3	ISS-MCC TV- Session (TV Greetings Downlink). To=17:31, T1, T2, T3 from CΠΠ (VHF)
18:00-18:05	CDR	Elektron-VM Aerosol Filter Inspection
18:00-18:15	FE-5	Food Frequency Questionnaire
18:05-18:15	FE-2	HRF Blood Collection Hardware Setup
18:15-18:40		Evening Work Prep
18:40-19:05		Daily Planning Conference (S-band)
19:05-19:30	CDR, FE-1, FE-3	Evening Work Prep
19:05-19:25	FE-5, FE-6	Evening Work Prep
19:05-19:25	FE-2	FE-2 Urine Collection
19:25-19:30	FE-2	HRF Urine Sample Insertion into MELFI
19:25-19:30	FE-5, FE-6	REACTION Self Test
19:30-21:30	CDR, FE-1, FE-6	Pre-sleep
19:30-21:15	FE-3	Pre-sleep
19:30-19:35	FE-2	REACTION Self Test
19:30-19:35	FE-5	MPC Power Up
19:35-21:30	FE-2	Pre-sleep
19:35-21:25	FE-5	Pre-sleep
21:15-21:30	FE-3	БМП Ф2 Absorption Cartridge Regeneration (termination)
21:25-21:30	FE-5	MPC Power Down
21:30-06:00		SLEEP
Task List	CDR	ECON. Observations and Photography
	FE-3	URAGAN. Observations and Photography
	FE-1	SEINER Ocean Observations

- Notes:
  1. SM Window #9 shutter opening is at crew discretion w/ Report to MCC
  2. See OSTP for references to US activities
  3. Pre-sleep ops: dinner, daily food prep, evening toilet
  End of Radiogram