

GMT	CREW	ACTIVITY
06:00-06:10		Morning inspection. Inspection of Circuit Breaker [A3CO] on DC1 Power Switch Panel (БВП) and fuses in DC1 Fuse Boxes БПП-30, БПП-36
06:10-06:40		Post-sleep
06:40-07:10	CDR	PROFILAKTIKA. Blood test. Tagup (S-band)
06:40-07:30	FE-1	BREAKFAST
07:10-08:00	CDR	
07:30-08:00	FE-1	Work prep
08:00-08:15		Daily planning conference (S-band)
08:20-08:50		KENTAVR fit check. Tagup (S-band) as necessary
08:50-09:05		Tagup with entry and landing specialist (VHF)
09:10-09:30		VC-9 program tagup (S-band)
09:30-10:00	CDR	Work prep
09:30-09:40	FE-1	FMK deployment ops
09:40-09:55		Grab Sample Container (GSC) ops
09:55-10:30		Air sampling using DST
10:10-10:15	CDR	On MCC GO: ISS O2 repress from Progress 354 CpПК (Oxygen Supply Facility) (start)
10:15-10:45		Filling EDV (KOB) for Elektron
10:30-11:30	FE-1	Physical Exercise (TVIS)
10:45-11:15	CDR	COЖ maintenance
11:15-11:20		ISS O2 repress from Progress 354 CpПК (terminate)
11:20-13:20		PROFILAKTIKA. Test exercise on TVIS
11:30-13:00	FE-1	Physical Exercise (RED)
13:00-13:10		Routine inspection of RED
13:10-13:35		Crew departure prep
13:20-13:35	CDR	IMS tagup (S-band)
13:35-14:35	.	LUNCH
14:35-15:05	FE-1	SSC software patch installation
14:35-16:15	CDR	BIODEGRADATION. Sample collection from structure surfaces. Tagup (S-band)
15:05-15:20	FE-1	BIODEGRADATION. Sample collection from structure surfaces. Tagup (S-band)
15:35-16:15		Routing video downlink via Ku-band for Soyuz docking
16:15-16:45		Testing video downlink via Ku-band (configuring TV system for dock/undock) (S + Ku-band)
16:45-17:10	CDR	Air sampling using AK-1M adsorber in SM and FGB
16:45-16:55	FE-1	Photo/TV: Laptop A31P deactivation
16:55-17:00		Disconnecting LTL
17:00-17:35		Crew departure prep
17:10-17:20	CDR	SM air sampling for Freon using AK-1M sampler
17:20-17:35		SM air sampling for CO using ИПД samplers
17:35-17:50	FE-1	Food questionnaire
17:35-18:35	CDR	Crew departure prep
17:50-18:05	FE-1	Questionnaire - log entry

18:05-18:10		Rebooting OCA SSC router
18:10-18:25		Rebooting all PCS (weekly)
18:25-18:30		Carbon dioxide monitoring
18:30-18:35		Transfer TVIS, RED, and HRM data to MEC
18:35-18:45		Daily plan review
18:45-19:00		Daily planning conference (<i>S-band</i>)
19:00-19:20		Daily plan review
19:20-19:50		DINNER
19:50-20:05		Daily food prep
20:05-20:20		Flight Director / ISS Crew Tagup (<i>S-band</i>)
20:20-20:30		Daily food prep
20:30-21:30		Pre-sleep
21:30-06:00		SLEEP
Task List	CDR	PLANTS-2. Payload status check
		IMS file prep

Note: See OSTP for references to US activities.
End of Radiogram