Test of 6CMM Payload Computer ● TORU Refresher Training

| GMT | Crew | Activity |
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| 06:00-06:10 | | Morning inspection |
| 06:10-06:40 | | Post-sleep |
| 06:40-07:30 | | BREAKFAST |
| 07:30-07:35 | CDR | PLANTS-2: payload status check |
| 07:35-07:50 | | Daily planning conference (S-band) |
| 07:50-08:15 | | Prep for work |
| 08:15-08:30 | CDR | On MCC GO Regeneration of Φ1 absorption cartridge in БМП (end) |
| 08:15-09:00 | FE-1 | Monthly maintenance of TVIS |
| 08:30-08:45 | CDR | On MCC GO Regeneration of Φ2 absorption cartridge in БМП (start) |
| 08:45-09:05 | | Update of ECMM software from ISS Wiener computer |
| 09:00-09:05 | FE-1 | Connect DCP cable |
| 09:05-11:05 | | TORU refresher training. Tagup with ground specialist |
| 11:05-12:35 | FE-1 | Physical exercise (RED) |
| 11:05-12:35 | CDR | Physical exercise (TVIS / day 4) |
| 12:35-13:35 | | LUNCH |
| 13:35-14:15 | CDR | IMS file prep |
| 13:35-14:05 | FE-1 | Maintenance of COX |
| 14:05-14:45 | FE-1 | Config of Ku-band for live TV of Progress/Soyuz docking/undocking |
| 14:15-14:45 | CDR | and EVA |
| 14:45-15:15 | | TEST of Ku-band TV transmission (TV prep for dock/undock and EVA) |
| 15:15-15:45 | FE-1 | Video survey of TV cables routed through the hatches |
| 15:15-16:15 | CDR | Physical exercise (VELO + Load Trainer-1 / day 4) |
| 15:45-15:55 | FE-1 | ISS-7 daily payload status check |
| 16:00-16:20 | | Warning Book update |
| 16:55-17:05 | CDR | DIATOMEA tagup |
| 17:05-17:35 | | DIATOMEA ocean observations |
| 17:05-17:10 | FE-1 | Demate DCP cables |
| 17:10-18:10 | | Physical exercise (TVIS) |
| 17:35-17:50 | CDR | MOLNIYA-SM: LSO instrument teardown |
| 18:00-18:15 | | VOZDUKH: transition to auto mode |
| 18:10-18:15 | FE-1 | Weekly maintenance of TVIS |
| 18:15-18:30 | | Daily planning conference (S-band) |
| 18:30-19:00 | | Daily plan review. |
| 19:00-19:30 | | Prep for work |
| 19:30-20:00 | | DINNER |
| 20:00-20:30 | | Daily food prep |
| 20:30-21:30 | | Pre-sleep |

| 21:30-06:00 | SLEEP |
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Notes: 1. See OSTP for references to US procedures 2. Task List: CDR: Life on ISS video

END OF RADIOGRAM