

| GMT | CREW | ACTIVITY |
|------------------|------|--|
| 06:00-06:10 | . | Morning inspection |
| 06:10-06:40 | . | Post-sleep |
| 06:40-07:30 | . | BREAKFAST |
| 09:55-10:10 | . | PPC (VHF) |
| 10:40-12:10 | . | Physical exercise (TVIS+RED) day 2 |
| 11:40-12:10 | CDR | COЖ maintenance (Inspection of БРПК separator) |
| 12:10-13:10 | CDR | EVA timeline update. Tagup with specialists (S-band) |
| 13:10-14:10 | . | LUNCH |
| 15:45-17:15 | . | Physical Exercise (RED) |
| 16:30-17:30 | FE-1 | Physical Exercise (VELO + Force Loader/ cycle 1) day 2 |
| 17:15-18:15 | FE-1 | Physical exercise (TVIS) |
| 18:20-18:50 | FE-1 | Daily plan review |
| 18:50-19:05 | FE-1 | DPC (S-band) |
| 19:05-19:30 | FE-1 | Report prep |
| 19:30-20:00 | CDR | DINNER |
| 19:30-19:55 | CDR | DINNER |
| 19:55-20:10 | FE-1 | PFC (S-band) |
| 20:00-20:30 | . | Daily food prep |
| 20:10-20:30 | . | Daily food prep |
| 20:30-21:30 | . | Pre-sleep |
| 21:30-06:00 | . | SLEEP |
| Task List | CDR | МОЛНИЯ-SM-LSO. Payload deactivation |
| | | DIATOMEA |
| | | Diatomea |
| | | EKON |
| | | Questionnaire: journal entry |

Note: See OSTP for references to USOS activities
End of radiogram