GMT	CREW	ACTIVITY
06:00-06:10		Morning inspection
06:10-06:40		Post-sleep
06:40-07:30		BREAKFAST
07:30-07:45	FE-1	Renal: urine collection (term)
	CDR	Renal: food log
07:45-08:00		Renal: urine collection
07:50-07:55	FE-1	PLANTS-2. Payload status check
07:55-08:10	FE-2	Renal: food log
08:10-09:20	FE-1 CDR, FE-2	Weekly station cleaning
08:10-11:10		
09:20-09:35	FE-1	Private psychological conference (VHF)
09:35-11:25		Weekly station cleaning
11:15-11:30	CDR	Renal: urine collection
11:30-12:30	FE-1	Physical exercise (TVIS, day 1)
11:30-12:30	CDR	Physical exercise (CEVIS)
12:30-13:30		LUNCH
13:30-14:00		Weekly planning conference (S-band)
14:00-14:15		ISS Program Office/ISS crew conference (S-band)
14:15-14:30	CDR	Renal: urine collection
14:15-14:20	FE-2	IMS file auto import/export
14:40-15:00	FE-1	Gas analyzer ИК0501 O <sub>2</sub> reading correction
15:00-16:30	CDR	Physical exercise (RED)
15:30-16:30	FE-2	Physical exercise (CEVIS)
16:30-18:00		Physical exercise (RED)
17:30-19:00	FE-1	Physical exercise (TVIS, day 1)
19:15-19:30	CDR	Renal: urine collection
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 Uragan

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