

TIME	CREW	ACTIVITY
06:00-06:10	CDR, FE-5	Morning Inspection
06:00-06:10	FE-2	Morning Inspection. Laptop RS2(1) Reboot Visual Inspection of Circuit Breaker [A3C] Position on DC1 Power Switch Panel (БВП) and Fuses on Fuse Boxes БПП-30, 36 per LED indication
06:00-06:05	FE-3	ENERGY Experiment Constraints Reminder
06:00-06:10	FE-4	Morning Inspection. Reboot Laptop RSS1, RSS2
06:00-06:05	FE-6	REACTION - Self-reaction test
06:05-06:10	FE-3, FE-6	Morning Inspection
06:10-06:40		Post-sleep
06:40-07:30	CDR	BREAKFAST. SM ПСС (Caution & Warning Panel) Test
06:40-07:30	FE-2, FE-3, FE-4, FE-5, FE-6	BREAKFAST
07:30-07:35	FE-3	ENERGY Diet Log of Breakfast
07:30-07:45	CDR, FE-2, FE-4	Daily Planning Conference (<i>S-band</i>)
07:45-09:45	CDR, FE-2, FE-4	EVA Timeline Update. <i>Tagup with specialists (S-band)</i>
09:00-09:05	FE-3	ENERGY - Water Sample Collection
09:05-09:25	FE-3	ENERGY - Urine Sample Collection
09:15-10:15	FE-5	T2 Exercise
09:45-10:00	CDR	NAPOR-miniRSA. Telescope Setup before EVA
09:45-11:15	FE-4	БД-2 Exercise, Day 2
10:00-10:15	CDR	Private family conference (<i>S + Ku-band</i>)
10:15-10:45	CDR	Vacuum cleaning of КВД and КСД valve screens before EVA 37A
10:15-11:45	FE-5	ARED Exercise
10:45-11:45	CDR	БД-2 Exercise, Day 2
11:45-13:15	CDR	ARED Exercise
11:50-13:10	FE-4	Removal of two handles from the front of ТКГ 421 hatch (Stowage of CM1ПРК_1 Case with docking assembly accessories to 090245R ziplock bag) and installation of ТКГ 421 docking mechanism
12:00-13:00	FE-6	T2 Exercise
12:15-13:15	FE-2	VELO Exercise, Day1
13:00-14:00	FE-3, FE-5, FE-6	LUNCH
13:15-14:15	CDR, FE-2, FE-4	LUNCH
14:00-14:05	FE-3	ENERGY Diet Log of Lunch
14:00-14:10	FE-6	SPHERES - Hardware Stow after the experiment

14:15-14:30	CDR, FE-2	Orlan-MK Drink Bag Refill and Install
14:15-14:30	FE-4	Preparation of Cables for SSC Connection in MRM2 for RS EVA
14:30-15:00	CDR	Preparation of Incomplete Fuel Combustion Product [ПНСТ] Protection Kit
14:30-14:45	FE-2	Pille Sensors Prep and Placement prior to EVA
14:40-15:20	FE-4	COЖ Maintenance. SM and FGB CBO, CГО, АСУ СПКУ Counter, ПОТОК Air Purification System Data Calldowns
15:00-15:40	CDR	Preparation TK 710 for EVA-37A
15:20-15:50	FE-4	TKГ 421 (SM Aft) Activation, Air Duct Removal
15:25-15:40	FE-2	Pre-EVA Private Medical Conference (<i>S + Ku-band</i>)
15:30-17:00	FE-3	ARED Exercise
15:40-16:30	FE-2-2	Replacement of ПФ1, ПФ2 dust collector filters and cleanup of B1, B2 fan screens in DC1 (ФГБ1ПГО_4_419_1 Container of zone 285. Update Delta File)
15:40-15:55	CDR	Pre-EVA Private Medical Conference (<i>S + Ku-band</i>)
15:50-16:10	FE-4	On MCC Go CCBП Quick-disconnect screw clamps removal and Interface Video
15:55-16:00	CDR	TERMO-LADA. Visual Inspection of Hardware Operation
16:10-16:30	FE-4	SM Aft - TKГ 421 Hatch Closure
16:30-17:30	FE-4	On MCC GO ПpK-СУ and СУ- ТКГ 421 hatch leak check
16:30-17:10	FE-2	Cleaning ВД1 and ВД2 Air Ducts in DC-1
16:50-17:05	FE-5	Private Family Conference
17:00-18:00	FE-3	T2 Exercise
17:00-18:30	FE-6	ARED Exercise
17:30-19:00	FE-2	БД-2 Exercise, Day 1
17:40-18:40	FE-4	VELO Exercise, Day 2
18:40-19:00	FE-4	SM- TKГ 421 Interface Video Downlink before Hatch Closure
19:00-19:15	CDR, FE-2, FE-4	Daily Planning Conference (<i>S-band</i>)
19:30-21:30	CDR, FE-2, FE-4, FE-5	Pre-sleep
19:30-21:25	FE-3	Pre-sleep
19:30-19:45	FE-6	Pre-sleep
19:45-20:00	FE-6	Private Family Conference
20:00-21:25	FE-6	Pre-sleep
21:25-21:30	FE-3	ENERGY Diet Log of Dinner
21:25-21:30	FE-6	REACTION - Self-reaction test
21:30-06:00	.	SLEEP
Task List	CDR, FE-2, FE-4	Preparation of reports for Roscosmos site
		ECON-M. Observations and Photography
		SEINER Ocean Observations

Notes:

1. SM Window No. 9 shutter opening is at crew discretion w/ **Report to MCC**

2. Pre-sleep ops: daily food prep, dinner, pre-sleep
 3. See OSTPV for references to US activities.
 - 4. Russian crew uses US exercise equipment strictly per F24 or OSTPV**
 - 5. Tagups with specialists during all Orlan prep for EVA activities (VHF, S-band)**
- End of Radiogram