

TIME	CREW	ACTIVITY
06:00-06:10	CDR, FE-3, FE-5, FE-6	Morning Inspection
06:00-06:10	FE-2	Morning Inspection. Laptop RS2(1) Reboot
06:00-06:10	FE-4	Morning Inspection. Reboot Laptop RSS1, RSS2
06:10-06:40		Post-sleep
06:40-07:30	CDR	BREAKFAST. SM ПСС Test (after breakfast)
06:40-07:30	FE-2, FE-3, FE-4, FE-5, FE-6	BREAKFAST
08:15-08:25	FE-2	CASKAD. Manual Mixing in Bioreactor
08:15-08:35	FE-6	HAM Radio Session
08:30-09:30	FE-5	T2 Exercise
09:30-10:30	FE-4	VELO Exercise, Day 4
09:30-11:00	FE-5	ARED Exercise
10:00-11:00	FE-6	T2 Exercise
10:30-11:30	CDR	БД-2 Exercise, Day 4
11:30-13:00	CDR	ARED Exercise
11:35-11:50	FE-2	Private Family Conference (<i>Ku + S-band</i>)
13:00-14:00		LUNCH
14:00-14:15	CDR	Private Family Conference (<i>Ku + S-band</i>)
14:00-14:40	FE-2	COЖ Maintenance. SM and FGB CBO, CГО, АСУ СПКУ Counter, POTOK Air Purification System Data Calldowns /
15:20-16:50	FE-3	ARED Exercise
15:30-17:00	FE-2	БД-2 Exercise, Day 3
15:30-15:45	FE-4	Private Family Conference (<i>Ku + S-band</i>)
17:00-18:00	FE-2	VELO Exercise, Day 3
17:00-18:30	FE-4	БД-2 Exercise, Day 4
17:05-18:35	FE-6	ARED Exercise
18:00-19:00	FE-3	T2 Exercise
18:35-18:45	FE-2	CASKAD. Manual Mixing in Bioreactor / <i>r/g</i>
19:00-19:15	CDR, FE-2, FE-4	Daily Planning Conference (<i>S-band</i>)
19:15-19:30	CDR, FE-2, FE-4	Evening Work Prep
19:50-20:05	FE-6	Private Family Conference

19:30-21:30	CDR, FE-2, FE-4	Pre-sleep
19:30-19:50	FE-6	Pre-sleep
19:30-21:25	FE-3	Pre-sleep
19:30-21:25	FE-5	Pre-sleep
20:05-21:30	FE-6	Pre-sleep
21:25-21:30	FE-3, FE-5	Reading REMINDER
21:30-06:00	.	SLEEP
Task List	CDR, FE-2, FE-4	Preparation of reports for Roscosmos site
		ECON-M. Observations and Photography
		URAGAN Observations and Photography
		SEINER Ocean Observations
	CDR	URAGAN Observations and Photography

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**
- End of Radiogram