

GMT	CREW	ACTIVITY
06:00-06:20		Renal: urine collection termination
06:20-06:30		Morning inspection
06:30-07:00		Post-sleep
07:00-07:50		BREAKFAST
07:50-08:10	CDR	Renal: equipment stowage
10:00-10:45		A/L prep for leak check
10:30-11:00	FE-1	Prep for Soyuz/DC1 leak check
11:15-11:30		ON MCC go SFOG candle burning
11:15-11:20	CDR	N1/Airlock hatch closure
11:30-12:30	FE-1	Physical Exercise (VELO +Load Trainer / cycle 1) day 3
12:30-13:30		LUNCH
13:40-13:55	FE-1	Private psychological conference (<i>VHF</i>)
15:10-15:25	CDR	Private psychological conference (<i>S-band</i>)
15:30-17:45	CDR	Physical Exercise (TVIS + RED)
15:45-16:00	FE-1	ON MCC go SFOG candle burning
16:00-16:30	FE-1	COЖ maintenance (Report to MCC: CBO (water supply system), ЦП (Waste Collection System counter) data, results on monitoring air in Electron-VM gas/fluid separator.)
16:30-18:00	FE-1	Physical Exercise (TVIS) day 3
18:00-18:30		Daily plan review
18:30-18:45		Daily planning conference (<i>S-band</i>)
18:45-19:00	FE-1	Prep for work
19:00-19:30		Daily food prep
19:30-20:00	CDR	Prep for work
		Daily food prep
	FE-1	DINNER (Renal – pill ingestion)
20:00-20:30	CDR	Pre-sleep
20:00-21:00	FE-1	
20:30-21:30	CDR	Restoration of initial configuration following Soyuz/DC1 leak check
21:00-21:25	FE-1	
21:25-21:30	FE-1	On MCC go: Oxygen repress from Section 1 of Progress CpПK (initiation)
21:30-06:00		Sleep
Task List	FE-1	Equipment search

See OSTP for references to US activities.
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