

TIME	CREW	ACTIVITY/ <i>Radiogram or procedure</i>
06:00 - 06:10		Morning inspection of the station
06:10 - 06:40		Post-sleep
06:40 - 07:20		Morning meal
07:20 - 07:35		Daily planning conference
07:35 - 07:50	CDR	Periodic pre-EVA health status check
07:35 - 08:20	FE -2	
07:50 - 08:05	FE -1	
07:50 - 08:10	CDR	Soyuz prep for EVA / <a href="#">per R/G 1283</a>
08:10 - 08:15	CDR	Activation of air purification unit "Potok" 150? ?" / <a href="#">SM/ ? ? ? ? / par. 13.1/ page 13-1</a>
08:20 - 08:43	.	Media event, educational session for NASDA
08:45 - 10:45	CDR, FE -1	EVA prep / <a href="#">EVA, RS ISS/ par .2.1/ page 2-1 +R/G 1299</a>
09:35 - 11:05	FE -2	Exercise - RED
10:45 - 11:45	CDR	Exercise - CYCLE-3
11:05 - 11:10	FE -1	TVIS -Weekly status check
11:10 - 12:10	FE -1	Exercise -CEVIS
11:45 - 12:15	CDR	Exercise RED-3
12:15 - 12:25		Status check of ? ? ? ?-1 unit (condensate separation and transfer unit)
12:10 - 12:15	FE -2	TVIS -Weekly status check
12:25 - 13:25		MIDDAY MEAL
13:25 - 13:50	FE -2	LAB Payload status check
13:25 - 14:50	CDR, FE -1	Progress reloading for disposal (using IMS) <a href="#">R/G 1291</a>
14:50 - 15:10	CDR	Activation of Progress, air duct removal / <a href="#">Activation/Deactivation, par. 5.1, 5.2/ page 5-1</a>
15:15 - 15:35		Media event, educational session for ESA
15:35 - 16:15	FE -2	? ? ? (Life support system) maintenance
15:35 - 15:55	CDR	Removal of QD clamps / <a href="#">Activation/Deactivation, par 5.3, pages 5-1, 5-2</a>
15:55 - 16:15	CDR, FE -1	Hatch closure between Progress-?? and ??-Transfer chamber / <a href="#">Activation/Deactivation, par 5.4/ pages 5-2, 5-3/ step 1,2</a>
16:15 - 17:05	FE -2	Experiment - Interactions, creation of a backup copy of questionnaire
16:15 - 17:05	CDR, FE -1	? ? (?? )-Progress leak check/ <a href="#">Activation/Deactivation, par.5.4, page 5-3, step 3</a>
17:05 - 18:35	FE -1	Exercise - RED
17:15 - 17:35	FE -2	Delta-file prep for downlink
17:15 - 18:15	CDR	Exercise - TVIS-3
18:15 - 18:45	CDR, FE -2	Familiarization with next day's flight plan
18:35 - 18:45	? ? -1	
18:45 - 19:00		Daily planning conference
19:00 - 19:30		Report prep
19:30 - 20:00		Evening meal
20:00 - 20:30		Daily food ration prep
20:30 - 21:30		Pre-sleep
21:30 - 06:00		SLEEP

End of R/G