

GMT	CREW	ACTIVITY
06:00-06:10	.	Morning inspection
06:10-06:40	.	Post-sleep
06:40-07:30	.	BREAKFAST
07:30-07:45	.	DPC (S-band)
07:45-08:15	.	Prep for work
08:15-09:15	.	Operations with Orlan ORUs
09:15-09:30	FE-1	HRF GASMAP – power up, 30 days
09:15-09:20	CDR	On MCC go (S-band) 3Y-C telemetry connectors disconnect from БИТС2-12
09:20-09:30	CDR	3Y-C setup teardown for 825M3 unit charging
09:30-10:00	.	EVA timeline review. Tagup with specialists (S-band)
10:00-10:30	.	EVA bundle checkout
10:30-12:00	FE-1	Physical Exercise (RED)
11:00-12:00	CDR	Physical Exercise (TVIS), day 4
12:00-13:00	FE-1	Physical Exercise (TVIS)
12:00-12:30	CDR	Physical Exercise (RED)
12:30-12:50	CDR	Vozdukh ABK valve test closure
13:00-14:00	.	Lunch
14:00-14:15	FE-1	HRF-GASMAP-30Д – functionality check
14:00-14:50	CDR	Vozdukh CO2 gas analyzer filter R&R. / <i>Install CO2 filter No. 030 (barcode 005638R, ФГБ1ПГО_2_213_1_б.м 3/246-2)</i>
14:15-14:20	FE-1	Expedition 9 – Payload status check
14:30-14:50		Helmet lights battery charge terminate
14:50-15:50	CDR	Air sampling using ИПД samplers in SM and AK-1M samplers in SM and FGB
15:10-15:25	FE-1	Questionnaire – journal entry
15:35-15:45	FE-1	Grab sample container (GSC) ops
15:45-16:15	FE-1	Use DST sampler instead of SSAS
15:50-16:50	CDR	Physical Exercise (БЕЛО+НС-1) –4
16:15-16:45	FE-1	COЖ maintenance
16:45-16:50	FE-1	HRF GASMAP – power down, 30 days
16:50-17:50	.	Orlan suit and Orlan Interface Unit (БСС) leak check; valve functionality check
17:50-18:10	FE-1	Daily plan review
17:50-18:10	CDR	Onboard БК-3 R&R
18:10-18:25	.	DPC (S-band)
18:25-18:55	.	Report prep
18:55-19:35	.	Comm system setup. Orlan and БСС unit telemetry check. Orlan comm. and medical parameter check
19:35-20:05	.	DINNER
20:05-20:30	.	Daily food prep
20:30-21:30	.	Pre-sleep
21:30-10:00	.	SLEEP

Note: See OSTP for references to US activities

End of radiogram