

GMT	Crew	Activity
08:30-08:40	.	Morning inspection
08:40-09:10	.	Post-sleep
09:10-10:00	.	BREAKFAST
10:00-10:30	.	Work prep
10:30-10:35	CDR	CSA-CP O2 reading
10:30-11:00	FE-1	Interaction – data collection
10:35-10:50	CDR	Food questionnaire
10:50-10:55	CDR	Soyuz 7 (Crew 8) payload status check
10:55-11:00	CDR	DCP panel power cable disconnect (if needed)
11:00-11:15	.	DPC (<i>S-band</i>)
11:15-11:35	.	Orlan training debrief. Tagup with specialists (<i>S-band</i>)
11:35-11:45	.	Orlan drying
11:45-13:45	CDR	USOS fire port access clearing
11:50-12:15	FE-1	PHS prep and setup (without blood work) and MO-9
12:15-13:45	FE-1	Physical exercise TVIS+HC-1 (day 2)
13:45-13:50	.	Orlan drying
13:50-14:50	.	LUNCH
14:50-15:30	CDR	Interaction - data collection and back up
14:50-15:50	FE-1	DC1 and БО (Orbital Module) reconfig to initial setup after Orlan training
15:30-15:40	CDR	TVIS data transfer to MEC
15:50-16:00	.	Orlan drying
16:00-16:30	.	Orlan stow
16:30-17:30	CDR	Physical exercise CEVIS
16:30-16:35	FE-1	DVCAM (DSR PD-1P) storage battery charge
16:35-16:50	FE-1	БМП F1 absorption bed regeneration (start)
16:50-17:05	FE-1	СОЖ maintenance
17:05-17:35	FE-1	Anniversary greetings to Academician Paton T0=17.05, (T1, T2, T3 or СПП)
17:30-18:45	CDR	Physical exercise RED
17:40-18:40	FE-1	Physical exercise (day 2)
18:40-18:45	FE-1	DVCAM (DSR PD-1P) storage battery charge
18:45-19:00	.	DPC (<i>S-band</i>)
19:00-19:30	.	Work prep
19:30-20:00	.	DINNER (RENAL – pill ingestion)
20:00-20:30	.	Daily food prep
20:30-21:30	.	Pre-sleep
21:30-06:00	.	SLEEP

Task List	FE-1	Equipment search
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Note: See OSTP for references to US activities

End of radiogram