

GMT	CREW	ACTIVITY
04:00-04:10		Morning inspection
04:10-04:25	FE -1	Post-sleep
	CDR	Biochemical Urine Test
04:25-04:40	FE-1	
	CDR	Post-sleep
04:40-05:30	CDR	BREAKFAST
04:40-04:50	FE -1	URILUX hardware stowage ops
04:50-05:30		BREAKFAST
05:30-06:00		Prep for work
06:10-06:25		DPC (<i>S-band</i>)
06:30-06:45	FE -1	БСПН time sync with ISS Wiener <i>Tagup with specialists (S-band)</i>
07:00-07:30		Kentavr suit adjustment
07:30-07:45		Private medical conference with a return specialist (<i>VHF</i>)
07:45-08:30	CDR	Physical Exercise (TVIS)
07:45-08:15	FE -1	Glove box set up
08:30-09:30		
08:30-09:25	CDR (assist)	LBNP-training (preliminary) To=09:06
09:25-09:40	CDR	CCAA activation in A/L
09:40-10:40		LUNCH
10:45-11:00	CDR	Private medical conference (<i>S-band</i>)
11:20-11:50	FE -1	COЖ maintenance
11:40-11:50	CDR	TVIS data download to MEC
11:50-11:55		TVIS weekly maintenance
11:50-13:20	FE -1	Physical Exercise (TVIS) day 4
11:55-13:25	CDR	Physical Exercise (RED)
13:20-13:25	FE -1	TVIS weekly maintenance
13:25-13:55	.	Daily plan review
13:55-14:10	.	DPC (<i>S-band</i>)
14:10-14:40	.	Report prep
14:40-15:10	.	DINNER
15:10-15:40	.	Daily food prep
15:40-16:40	.	Pre-sleep
16:40-01:10	.	SLEEP

Note: See OSTP for references to US activities
End of radiogram