GMT	CREW	ACTIVITY
06:00-06:10		Morning inspection
06:10-06:40	FE-1	PROPHYLAKTIKA. Blood test
06:10-06:40	CDR, FE-2	Post-sleep
06:40-07:05	FE-1	Post-sleep
06:40-07:20	FE-2	Acoustic dosimeters: setup for static noise measurements
06:40-07:30	CDR	BREAKFAST
07:05-07:55	FE-1	BREAKFAST
07:20-07:55	FE-2	BREAKFAST
07:30-08:00	CDR	Work prep
07:55-08:00	FE-1	PLANTS-2. Payload status check
07:55-08:00	FE-2	ACS CDMK CO2 read
08:00-08:15		Daily planning conference (S-band)
08:15-08:30	FE-2	Post-sleep
08:15-08:35	FE-1	Laptop 1 battery cycling
08:35-08:50	FE-1	GAMMA-1M: blood pressure unit checkout
08:35-08:45	CDR	PCG-STES 010 – crystal growth. Daily status check
08:50-09:55	CDR, FE-1	Progress M-10 unloading and inventory
09:00-10:30	FE-2	VTR1 power unit R&R
09:55-10:30	CDR	СОЖ maintenance
09:55-10:30	FE-1	TV ISS-MCC PLASMA CRYSTAL-3. Video downlink
10:30-11:00	CDR	IMS file prep
10:45-12:30	FE-1	PROPHYLAKTIKA. TVIS test
11:00-12:30	CDR	Physical exercise (RED)
11:00-12:00	FE-2	Physical exercise (CEVIS)
12:00-12:10	FE-2	Recording audiogram with MEC and EARQ
12:10-12:30	FE-2	Recording audiogram with MEC and EARQ
12:30-13:30		LUNCH
13:30-13:50	CDR	Recording audiogram with MEC and EARQ
13:30-13:50	FE-1	Data copying from cardiocassette 2000 and OCA downlink
13:50-14:05		Conference with friends (US assets)
14:05-14:10	CDR	EXPRESS Rack 2: power up
14:10-15:10	CDR, FE-2	SSRMS DOUG overview
14:10-14:30	FE-1	Laptop 2 battery cycling
14:30-15:20	FE-1	Verify ЭП1003 readings. Tagup with specialists (S-band)
15:10-15:20	CDR	PAO hardware setup
15:20-15:30		Prep for PAO event
15:30-15:55		PAO event (US assets)
15:55-16:40	CDR	EXPRESS Rack 2 repair
15:55-16:10	FE-1	Replacement of ША575Л (БП1-A) and ЭА025M units
16:10-16:20	FE-1	On MCC Go TM-cnctrs demate from БИТС2-12
16:20-17:20	FE-1	Replacement of ША575Л (БП1-A) and ЭА025М units. Tagup with specialists. (S-band)

16:40-18:10	FE-2	Physical exercise (RED)
17:15-18:15	CDR	Physical exercise (TVIS)
17:20-17:30	FE-1	On MCC Go TM-cnctr mate to БИТС2-12
17:30-17:45	FE-1	Replacement of ША575Л (БП1-A) and ЭА025M units
17:45-18:05	FE-1	EARQ S/W audiogram
18:05-18:10	FE-1	EARQ H/W stow
18:10-18:15	FE-2	Carbon Dioxide Monitoring Kit read
18:15-18:45		Daily plan review
18:45-19:00		Daily planning conference (S-band)
19:00-19:30		Work prep
19:30-20:00		DINNER
20:00-20:30		Daily food prep
20:30-21:30	CDR	Pre-sleep
20:30-21:20	FE-2	Pre-sleep
20:30-20:55	FE-1	Pre-sleep
20:55-21:15	FE-1	Laptop 2 battery cycling
21:15-21:30	FE-1	Pre-sleep
21:20-21:30	FE-2	Acoustic dosimeters: setup for static noise measurements
21:30-06:00		SLEEP

Note: See OSTP for references to US activities.

End of radiogram