

GMT	CREW	ACTIVITY
06:00-06:10		Morning inspection
06:10-06:40		Post-sleep
06:40-07:30		Breakfast
07:30-10:30		Weekly housekeeping
10:30-10:40	FE-1	ГА ИК0501 CO2 filter unit (БФ) replacement (install No. 012, barcode 008544R, stowed at ФГБ1ПГО_2_213_1 in white bag no. 4 248-6)
10:40-11:10		COЖ maintenance (<i>БПЖ inspection</i>)
10:50-11:00	CDR	Setup video equipment to record exercise on the TVIS
11:10-11:20		Video recording of TVIS exercise
11:10-12:10	FE-1	Physical exercise (TVIS) – 4
12:30-13:30		Lunch
13:30-13:50		Crew conference with program management (<i>S-band</i>)
14:10-14:40		Weekly planning conference (<i>S-band</i>)
14:40-15:10	FE-1	TV downlink. Private family conference. (<i>To=14.37, T1, T2, T3 from CПП</i>)
15:00-15:05	CDR	Open valve of major constituent analyzer (MCA)
15:10-16:40	FE-1	Physical exercise (VELO+HC) – 4
16:30-16:45	CDR	Questionnaire – log entry
16:40-16:45	FE-1	Repress from Progress No. 248 CpЖК section 2 - start
17:00-17:05	CDR	Close valve of major constituent analyzer (MCA)
17:10-17:20	FE-1	Video recording of TVIS exercise
17:10-18:10	CDR	Physical exercise (TVIS)
18:10-19:25		Physical exercise (RED)
18:15-18:30	FE-1	Stow video equipment
18:30-18:35		Repress from Progress No. 248 CpЖК section 2 - end
19:25-19:30	CDR	Check O2 level on combustion products analyzer
19:30-20:00		Dinner
20:00-20:30		Daily food prep
20:30-21:30		Pre-sleep
21:30-06:00		Sleep

Task List	FE-1	URAGAN. Observation and photography
		DIATOMEA. Ocean observations

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