

GMT	CREW	ACTIVITY
06:00-06:10		Morning inspection
06:10-06:40		Post-sleep
06:40-07:30		BREAKFAST
07:30-08:00		Prep for work
10:35-10:50	CDR	Regeneration of БМП absorbent bed #1(init)
11:15-12:30	FE-1	Physical Exercise (CEVIS)
11:30-12:30	CDR	Physical Exercise (VELO + Load Training-1/day 1)
12:30-13:30		LUNCH
13:30-13:50		Conference between Expedition 7 and Kent Rominger from Astronaut Office (<i>S-band</i>)
15:35-15:55	FE-1	Transfer of TVIS/IRED data to MEC
15:35-15:40	CDR	Inspection of БРПК separator
15:40-15:50		Per MCC GO: Pressurization of ISS with O2 from Progress 259 СрПК system
15:50-16:15		Maintenance of COЖ
15:55-16:15	FE-1	File reload from HRM to MEC
16:15-16:45	CDR	IMS file prep
16:15-16:30	FE-1	HRM file deletion
16:30-17:00		Defibrillator checkout
16:45-18:15	CDR	Physical Exercise (TVIS-1)
17:00-18:15	FE-1	Physical Exercise (RED)
18:15-18:45	.	Daily plan review
18:45-19:15	CDR	Prep for work
18:55-19:00	FE-1	HAM radio equipment prep
19:00-19:10		HAM radio session
19:15-19:30		Daily planning conference (<i>S-band</i>)
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	CDR	MOLNIYA-SM
		VINOGRAD. Search for kit
		Visiting Expedition 5 crew procedure review: БТХ-2, БТХ-20

Note: See OSTP for references to US activities
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