

TIME	CREW	Activity
06:00-06:05	CDR, FE-6	SLEEP: data recording
06:00-06:05	FE-5	Elektron-VM Aerosol Filter Inspection
06:05-06:10	FE-5	Morning Inspection <i>Inspection of DC1 ББП Circuit Breaker and Fuses on БПП-30, БПП-36 on DC1 CO1</i>
06:05-06:10	CDR, FE-6	Spot Urine Test
06:10-06:40	.	Post-Sleep
06:40-07:30	.	Breakfast
07:30-10:30	FE-5	Weekly Housekeeping SM Ventilation System Preventive Maintenance, Group E; FGB ЦБ2 Fan Cleaning
07:30-10:30	CDR, FE-6	Weekly Housekeeping
10:30-10:40	FE-6	Video Hardware Installation for T2 Exercise Imagery
10:40-11:40	FE-6	T2L Activation, Checkout, Exercise
11:40-13:10	FE-6	Physical Exercise - ARED
11:40-11:50	CDR	Video Recorder R&R
11:50-12:50	CDR	T2L Activation, Checkout, Exercise
13:00-13:10	CDR	T2 Exercise Imagery Video Hardware Re-Stow
13:25-13:55	.	Weekly Planning Conference ( <i>S-band</i> )
13:55-14:55	.	Lunch
14:55-15:00	CDR, FE-6	PROK: Diet Data Logging (Days 2-4)
15:00-15:15	CDR	Food Questionnaire
15:50-16:30	FE-5	COX Maintenance
16:25-17:55	CDR	Physical Exercise - ARED
16:30-18:00	FE-5	Physical Exercise - TVIS, Day 4
18:00-19:00	FE-5	Physical Exercise - ARED
19:00-19:05	FE-5	Elektron-VM Aerosol Filter Inspection
19:10-19:30	FE-6	HRF: Urine Sampling Hardware Install
19:30-21:30	.	Pre-Sleep
21:30-06:00	.	Sleep
Task List	FE-5	URAGAN. Observation and Imagery
		EKON. Observation and imagery

**Notes:**

1. SM Window 9 shutter opening is at crew discretion w/ **Report to MCC**
  2. See OSTP for missing references to US Activities
  3. Pre-Sleep: dinner, daily food prep, evening ablutions
- End of Radiogram