

GMT	CREW	ACTIVITY
18:30-18:40	.	Morning Inspection
18:40-19:10	.	Post-sleep
19:10-19:45	FE-1	BREAKFAST
19:10-20:00	CDR,FE-2	BREAKFAST
19:10-19:55	FE-2-16	BREAKFAST
19:45-20:00	FE-1	PMC ( <i>Ku+S-band</i> )
19:55-20:00	FE-2-16	Integrate Immune – 1J/A FE2 wet saliva sample collection
20:00-20:30	FE-2,FE-2-16,FE-1	Prep for Work
20:05-20:30	CDR	Prep for Work
20:30-20:45	.	DPC ( <i>S-band</i> )
20:45-21:45	FE-2-16,FE-2	SPDM Arm 1 → stowed state
20:45-21:35	FE-1	PLAZMENNYI KRYSTALL-3 PLUS. Evacuation of lines and ЭБ working chamber
20:45-22:15	CDR	Physical Exercise (RED)
21:35-22:20	FE-1	PLAZMENNYI KRYSTALL-3 PLUS. Загрузка ПМО
21:45-22:45	FE-2-16,FE-2	SPDM Arm 2 → stowed state
22:15-22:20	CDR	RED scheduled inspection
22:20-22:40	FE-1	PLAZMENNYI KRYSTALL-3 PLUS. Dump of log files from ЭБ
22:25-22:35	CDR	JAXA EPO – demonstration
22:40-22:55	FE-1	ИП-1 sensor installation check
22:45-23:55	CDR	JTVE – rack recovery
22:45-22:55	FE-2,FE-2-16	SPDM Body Roll joint → stowage mode
22:55-23:55	FE-2	SPDM to Lab PDGF attachment → stowage mode
22:55-23:55	FE-1	Physical Exercise (VELO+RED) –day 4
23:55-00:55	FE-1,FE-2-16	LUNCH
00:00-01:00	CDR,FE-2	LUNCH
00:55-01:45	FE-1	Pille dosimeter readings
00:55-01:10	FE-2-16	SSRMS SPDM ungrapple
01:00-01:15	FE-2	Reconfigure DCS 760 post-EVA
01:10-01:55	FE-2-16	Grapple SLP with SSRMS
01:25-01:45	CDR	GSC OPERATIONS
01:30-01:40	FE-2	Integrate Immune – 1J/A FE2 saliva sample collection setup
01:45-01:50	FE-1	PLAZMENNYI KRYSTALL. Pressure check

01:50-03:20	FE-1	Replacement of device 17P55.871 (amplifier) in SM. Tagup with specialists (S-band from USOS)
01:55-02:10	FE-2-16	SLP disconnect from POA
02:00-02:15	FE-2	Install video equipment for TVIS physical exercise imagery
02:10-03:40	FE-2-16	Install SLP in PLB using SSRMS
02:15-03:15	FE-2	Physical exercise (TVIS)
02:25-03:25	CDR	Physical exercise (CEVIS)
03:20-03:35	FE-2,FE-1	Functional check (after 17P55.871 replacement)
03:25-03:40	CDR	Start CWC fill from condensate container in Lab
03:35-03:50	FE-1	AOK ГАНК-4M reading
03:35-03:50	FE-2	Stow video equipment used for TVIS exercise imagery
03:40-03:55	FE-2-16	SLP SSRMS ungrapple after PLB install
03:50-05:20	FE-1	Physical exercise (TVIS) – day 4
03:55-04:30	CDR,FE-2	Translate SSRMS to MBS PDGF 3
04:10-04:20	FE-2-16	Equipment prep for PAO
04:30-05:30	FE-2	Physical Exercise (CEVIS)
04:40-04:55	CDR	End CWC fill from condensate container in Lab
05:00-06:00	FE-2-16	Physical Exercise (RED)
05:20-06:00	FE-1	COЖ maintenance
05:30-05:50	CDR,FE-2	Translate SSRMS to MBS PDGF 3
05:50-06:20	FE-2,CDR	Configure SSRMS for MT relocation to worksite 6
06:00-06:05	FE-1	Loading TVIS/RED/CEVIS/HRM data to MEC
06:00-06:20	FE-2-16	IMS updates IMS
06:05-06:10	FE-1	PLAZMENNYI KRYSTALL. Pressure check
06:10-07:00	FE-1	Prep for Work
06:20-07:00	CDR,FE-2,FE-2-16	Prep for Work
07:00-07:30	.	DINNER
07:30-08:00	.	Daily Food Prep
08:00-09:00	FE-2,FE-2-16,CDR	Pre-sleep
08:00-08:55	FE-1	Pre-sleep
08:55-09:00	FE-1	PLAZMENNYI KRYSTALL -3. Turbo-ump shutdown
09:00-17:30	.	SLEEP
Task List	FE-1	ТБУ (Universal Bioengineering Thermostat). Temperature check
		PLANTS-2. Water tank recharging

**Notes:**

1. See OSTP for references to US activities.
2. SM Window #9 shutter opening is at crew discretion with **Report to MCC**
3. **No VELO or RED exercise ( 23:40-01:25, 03:00 - 03:45)**
4. Tagup with specialists during PLAZMENNYI KRYSTALL-3 ops.(via S-band, VHF)

End of r/g