GMT	CREW	ACTIVITY
10:00-10:10		Morning inspection
10:10-10:40	FE-2	Post-sleep
10:10 10:00	FE-1	Body mass measurement. Hardware installation.
10:10-10:20	CDR	Calf volume measurement
10:20-10:35		Body mass measurement
10:25-10:35	FE-1	Calf volume measurement
10:35-10:50	- F E - I	Body mass measurement
10:35-11:05	CDR	Post-sleep
10:40-10:50	FE-2	Calf volume measurement
10:50-11:05		Body mass measurement
10.50-11.05	-FE-1	Post-sleep
11:05-11:15	- 1	Body mass measurement. Hardware removal
11:05-11:55	CDR, FE-2	BREAKFAST
11:15-11:55	FE-1	
11:55-12:25		Prep for work
12:25-12:40		Daily planning conference (S-band)
12:40-13:15	CDR	Crew familiarization with the ISS
12:40-13:00	FE-2	- Grew farillianzation with the 133
12:50-13:15	FE-1	TV downlink "Best wishes on the130th Anniversary of Polytechnic Museum" (To=12.50, T1, T2, T3 – Automated daily timeline (CΠΠ)
13:00-14:00	FE-2	Physical exercise (CEVIS)
13:15-14:15	CDR	Physical exercise (RED)
13:15-13:45	FE-1	СОЖ maintenance
13:45-15:15	-   -	Physical exercise (TVIS – day 4)
14:00-14:15	FE-2	HRF PC – HD installation
14:15-15:15	- r c-2	Physical exercise (RED)
14.15-15.15	CDR	Physical exercise (CEVIS)
15:15-16:15		LUNCH
16:15-19:45	FE-1	ACY set replacement
16:15-16:25	CDR	LAB payload status check and monitoring
16:25-20:25	CDIX	SSC software upgrade
16:30-17:00		HRF PC prep for automatic start-up
17:00-17:30		Defibrillator checkout
17:30-17:45		HRF serial card installation
17:45-18:15		Renal stone – CBT
18:15-18:30	FE-2	RIC reset to zero
18:30-18:50		Renal stone – hardware installation
19:00-19:15		HRF high speed card installation
19:25-19:40		Renal stone – food log
19:40-20:25		HRF – memory upgrade
19:45-20:15	FE-1	Soyuz ТМА-1 АСУ VIIД (toilet) activities

20:15-21:15		Physical exercise (Cycle + training load-day 4)
20:25-20:55	FE-2	EVARM – data transfer and stow
	CDR	IMS file prep
20:55-21:15	CDR, FE-2	Crew familiarization with the ISS
21:15-21:45		Daily plan review
21:45-22:00		Daily planning conference (S-band)
22:00-22:30		Prep for work
22:30-23:00		Daily food prep
23:00-23:30		DINNER
23:30-00:30		Pre-sleep
00:30-09:00		SLEEP

**Note:** See OSTP for references to US procedures End of radiogram