GMT	CREW	ACTIVITY
06:00-06:10		Morning Inspection
06:10-06:40	FE-1	Post-Sleep
06:10-06:15	CDR	PLASMA CRYSTAL-3. Turbo pump Activation
06:15-06:40		Post-Sleep
06:40-07:30		BREAKFAST
07:30-07:45		Work Prep
07:45-08:00		Daily Planning Conference (S-band)
08:00-09:15	FE-1	ULTRASOUND: Hardware Prep for Z Scan
08:00-08:15	CDR	Work Prep
08:15-08:50		Prep for Soyuz Return
08:50-09:35		PLASMA CRYSTAL. Experiment Setup. Tagup w/specialists. (S-band + VHF)
09:15-10:45	FE-1	Physical Exercise (RED)
09:35-10:10	CDR	PLASMA CRYSTAL. Experiment Ops (Start) <i>Tagup w/specialists</i> . (S-band + VHF)
10:10-10:35		Prep for Soyuz Return
10:45-11:05	CDR (subject) FE-1 (operator) CDR (operator) FE-1 (subject)	- Advanced Ultrasound: Z Scan
11:05-11:25		
11:25-11:55	FE-1	Advanced Ultrasound: Equipment Deactivation
11:25-11:45	CDR	PLASMA CRYSTAL. Experiment Conclusion. Tagup w/specialists. (S-band + VHF)
11:45-12:45		Physical Exercise (TVIS) Day 4
11:55-12:55	CDR	Prep for Soyuz Return
12:55-13:55		LUNCH
13:55-14:10	FE-1	WRM: Locate hoses for water transfer
13:55-14:25	CDR	PLASMA CRYSTAL: HDD data copying, V/C stowage
14:25-15:05		KAZBEK fit check
15:05-15:15	FE-1	PAO Hardware Setup
15:15-15:25		PAO Crew Prep
15:25-15:45		Public Affairs Event (Maryland Research Center) (Ku + S-band)
15:45-16:45	FE-1	Physical Exercise (TVIS)
15:45-15:50	CDR	Weekly TVIS Maintenance
15:55-16:10		Private Medical Conference (Ku + S-band)

16:10-16:40		КЛ-152 Camera Tear-Down (2 ea.) in Soyuz 214 Descent Module for return
16:40-17:10		СОЖ Maintenance
16:45-16:50		Weekly TVIS Maintenance
16:50-17:05	FE-1	Private Medical Conference (Ku + S-band)
17:05-17:50		Inventory of Contamination protection Kit
17:10-18:40	CDR	Physical Exercise (TVIS+RED) Day 4
17: 50-18:05		ULTRASOUND: Closeout Ops
18:05-18:20	FE-1	Questionnaire: Journal Entry
18:20-18:45		Daily Plan Review
18:45-19:00		Daily Planning Conference (S-band)
19:00-19:30		Report Prep
19:30-20:00		Dinner
20:00-20:30		Food Prep
20:30-21:30	FE-1	Pre-Sleep
20:30-21:25		- Fie-Gleep
21:25-21:30	CDR	PLASMA CRYSTAL-3. Turbo pump Deactivation
21:30-06:00	-	Sleep
Task List	CDR	IMS File Prep
		URAGAN

**Note:** See OSTP for references to US activities End of Radiogram