

TIME	CREW	ACTIVITY
06:00-06:10	CDR	Morning Inspection. SM ПСС (Caution & Warning Panel) Test
06:00-06:10	FE-2	Morning Inspection. Laptop RS2(1) Reboot Reload Laptop RSS1, RSS2
06:00-06:10	FE-4	Morning Inspection. Inspection of CM-Y connector on MHP-HC pump behind ACY panel 139. Visual Inspection of Circuit Breakers [A3C] on DC1 Power Switch Panel (БВП) and Fuses on DC1 Fuse Boxes БПП-30, БПП-36
06:00-06:10	FE-3,FE-5, FE-6	Morning Inspection
06:10-06:30	FE-3	Post-sleep
06:10-06:40	FE-6	Post-sleep
06:10-06:25	FE-4	Post-sleep
06:10-06:35	FE-5	Post-sleep
06:10-06:20	CDR	Calf Volume Measurement
06:10-06:20	FE-2	MO-8. Setup
06:20-06:25	CDR	Body Mass Measurement
06:20-06:30	FE-2	Calf Volume Measurement
06:25-06:55	CDR	Post-sleep
06:25-06:30	FE-4	Body Mass Measurement
06:30-06:45	FE-2	Post-sleep
06:30-06:40	FE-4	Calf Volume Measurement
06:30-06:35	FE-3	Body Mass Measurement
06:35-06:40	FE-5	Body Mass Measurement
06:35-07:30	FE-3	BREAKFAST
06:40-07:30	FE-5	BREAKFAST
06:40-06:55	FE-4	Post-sleep
06:40-06:45	FE-6	Body Mass Measurement
06:45-06:50	FE-2	Body Mass Measurement
06:45-07:30	FE-6	BREAKFAST
06:50-07:00	FE-2	MO-8. Closeout Ops
06:55-07:30	CDR,FE-4	BREAKFAST
07:00-07:30	FE-2	BREAKFAST
07:30-07:55	.	Daily Planning Conference (<i>S-band</i>)
07:55-08:05	FE-3,FE-6	Work Prep
07:55-08:15	FE-2,FE-5	Work Prep
07:55-08:15	FE-4	BREAKFAST
07:55-08:10	CDR	BREAKFAST
08:05-08:25	FE-3	JEMRMS - Reconfiguration of BDS
08:05-08:35	FE-6	NANORACK - Experiment OBT
08:10-08:25	CDR	Work Prep

08:15-08:25	FE-4	LCS. Activate RSE-LCS laptop to start data recording / r/g 2756
08:15-09:05	FE-5	RGN-REC TK – R&R
08:25-09:10	CDR,FE-2,FE-4	ECON-M. Observations and Photography
08:35-10:00	FE-6	NANORACK - Camcorder Setup and Video Ops
08:45-09:15	FE-3	Potable Water Dispenser (PWD) Beverage Adapter Cleaning
08:55-09:00	FE-5	ARED Cylinder Flywheel Evacuation
09:05-09:15	FE-5	IFM - MAKITA Battery Installation
09:10-10:40	FE-4	Removal of Unit 800A A5 in SM A5 Module No. 3, No. 4
09:10-10:40	CDR	Photo of FGB Flexible Air Ducts
09:15-10:15	FE-5	SAFER OBT
09:15-09:25	FE-3	JEMRMS Back Up Controller (BUC) Power On
09:25-09:35	FE-3	WRS Water Sample Analysis
09:30-10:00	FE-2	Auxiliary Laptop Anti-Virus Update
09:45-10:15	FE-3	SAFER OBT
10:00-11:30	FE-2	TKF 418 (DC1) Cargo Transfers and IMS Ops
10:00-11:30	FE-6	Physical Exercise (ARED)
10:15-10:25	FE-3	JEMRMS Backup Drive System (BDS) Checkout
10:15-10:35	FE-5	Start BSA Battery Charge
10:25-12:25	FE-3	Airlock Prep
10:35-10:50	FE-5	RGN - Recycle Tank Drain Initiation
10:40-11:20	CDR	COX Maintenance Urine collection device (UCD) and filter-insert (FI) R&R in [ACY]. (UCD #0820325 (00059381R) and FI #1210238 (00059880R) to be installed, CM1PO_1_138_1). The removed ones to be disposed of. IMS Update.
10:40-11:40	FE-4	БУПТ #5, 6 telemetry connectors checkout
11:10-11:25	FE-5	RGN - Recycle Tank Drain Termination
11:30-12:30	FE-6	Physical Exercise (CEVIS)
11:35-12:05	FE-5	MELF2 - Ice Brick Insertion
12:00-13:00	FE-2	Physical Exercise (VELO), Day 3
12:00-13:00	CDR	Physical Fitness Evaluation (on treadmill)
12:10-13:10	FE-4	Physical Exercise (ARED)
12:15-12:40	FE-5	WHC Fill
12:25-12:35	FE-3	JEMRMS Back Up Controller (BUC) Power Off
12:30-12:45	FE-6	NANORACK - Hardware Deactivation and Closeout
12:35-12:55	FE-3	JRMS BDS Checkout Closeout
12:40-12:45	FE-5	IFM - Replacement of Batteries in MAKITA Charger
12:45-13:45	FE-5,FE-6	LUNCH
12:55-13:55	FE-3	LUNCH
13:00-14:00	CDR,FE-2	LUNCH
13:10-14:10	FE-4	LUNCH
13:45-13:50	FE-5	ARED Cylinder Flywheel Evacuation
13:45-15:00	FE-6	SPHERES PL. End-to-end observation

13:55-14:15	FE-3	Equipment Lock Preparation
14:00-17:00	CDR,FE-2	CTTC routine ops (LF link and VHF receiver health check). Head Set Audit <i>Tagup with specialists (VHF, S-band)</i>
14:10-14:20	FE-4	ON MCC GO Mate telemetry connectors of АБ No.5 Module БУПТ-1М (А405)
14:20-15:00	FE-4	SM ПxO and DC1 config back to nominal after EVA
14:15-14:30	FE-5,FE-6	MISSE-8 OBT
14:30-14:45	FE-5, FE-6	MISSE-8 Crew Conference
14:45-15:45	FE-3,FE-5	EMU Enhanced Caution and Warning System OBT
15:00-15:30	FE-6	Ultrasonic Background Noise Test Session Load
15:00-16:30	FE-4	Installation of АБ Modules 3, 4 800A Units in SM /
15:40-15:50	FE-6	CIR - Hardware Teardown
15:45-17:15	FE-5	Physical Exercise (ARED)
15:45-15:55	FE-3	TOCA 2 Data Recording
15:55-16:10	FE-3	Private psychological conference
16:15-17:15	FE-3	Physical Exercise (T2)
16:30-18:00	FE-4	Physical Fitness Evaluation (on treadmill)
17:00-17:25	FE-2	Evening Work Prep
17:00-17:10	CDR	CTTC comm assets switchover to a backup string
17:10-18:25	CDR	Physical Exercise (VELO), Day 4
17:15-18:15	FE-5	Physical Exercise (T2)
17:15-18:45	FE-3	Physical Exercise (ARED)
17:25-17:30	FE-2	Hematocrit Hardware Setup.
17:30-18:40	FE-2	Physical Fitness Evaluation (on treadmill)
18:05-18:55	FE-4	Evening Work Prep
18:15-18:25	FE-5	IFM - MAKITA Battery Installation
18:15-18:55	FE-6	Evening Work Prep
18:25-18:55	CDR,FE-5	Evening Work Prep
18:40-18:55	FE-2	Exercise data downlink
18:45-18:55	FE-3	Evening Work Prep
18:55-19:20	.	Daily Planning Conference (<i>S-band</i>)
19:20-19:30	FE-4,FE-5,FE-6	Evening Work Prep
19:20-19:40	CDR,FE-2,FE-3	Soyuz 708 and Soyuz 710 Crew Conference
19:30-21:30	FE-4,FE-5,FE-6	Pre-sleep
19:40-21:30	CDR,FE-2,FE-3	Pre-sleep
21:30-06:00	.	SLEEP
Task List	CDR,FE-2,FE-4	URAGAN. Observations and Photography Report Preparation for Roskosmos site
	CDR	IMS Update

Notes:

1. SM Window No. 9 shutter opening is at crew discretion w/ **Report to MCC**
 2. See OSTPV for references to US activities.
 3. Pre-sleep ops: daily food prep, dinner, pre-sleep
 4. **Russian crew uses US exercise equipment strictly per F24 or OSTPV**
 5. **Do not use ISS RS windows during the LCS experiment at 13:30 - 13:45**
 6. **Tagup with specialists during activities with БУПТ-1М (*S-band*)**
- End of Radiogram**