

TIME	CREW	ACTIVITY
06:00-06:10	CDR,FE-4	Morning Inspection
06:00-06:10	FE-1	Morning Inspection. RSS1,2 Reboot Check position of MRM2 manual Circuit Breakers [A3C] on DC БВП and status of Fuses on Fuse Boxes БПП-30, БПП-36 per LED indications
06:00-06:10	FE-2	Morning Inspection. Laptop RS1(2) Reboot Check БПП-4, БПП-7 Fuses in MRM1
06:00-06:05	FE-5	PROK - Urine Sample Collection
06:00-06:05	FE-6	Reading REMINDER
06:05-06:10	FE-6	Morning Inspection
06:05-06:25	FE-5	HRF Urine Sample Collection
06:10-06:40	CDR,FE-1, FE-2,FE-4, FE-6	Post-Sleep
06:25-06:30	FE-5	HRF - Urine Sample MELFI Insertion
06:30-07:00	FE-5	Post-Sleep
06:40-07:30	CDR, FE-1,FE-2	BREAKFAST
06:40-07:35	FE-6	BREAKFAST
06:40-07:30	FE-4	BREAKFAST SM ПСС (Caution & Warning Panel) Test
07:00-07:30	FE-5	BREAKFAST
07:35-07:55	FE-6	CRHYT- equipment takedown
08:30-09:30	CDR	T2 Exercise
09:00-09:15	FE-6	Private Family Conference (<i>S + Ku-band</i>)
09:30-11:00	CDR	ARED Exercise
10:10-10:25	FE-2	Private Family Conference (<i>S + Ku-band</i>)
11:05-11:25	FE-5	HRF Urine Sample Collection
11:25-11:30	FE-5	HRF - Urine Sample MELFI Insertion
11:30-13:00	FE-5	ARED Exercise
11:30-13:00	FE-2	БД-2 Exercise -Day 3
11:50-12:05	FE-4	Private Family Conference (<i>S + Ku-band</i>)
12:30-12:45	FE-1	Private Family Conference (<i>S + Ku-band</i>)
13:00-14:00	.	LUNCH
14:00-14:05	FE-5	PROK - Controlled Diet Log
14:00-14:40	FE-2	COЖ Maintenance. SM and FGB CBO, CГО, АСУ СПКУ Counter, ПОТОК Air Purification System Data Calldowns
15:05-15:20	FE-5	Private Family Conference
15:25-16:25	FE-1	БД-2 Exercise, Day 4
15:30-16:30	FE-2	VELO Exercise, Day 3
16:25-17:55	FE-1	ARED Exercise

16:25-17:55	FE-4	БД-2 Exercise - Day 3
17:00-17:15	FE-5	Private Special Conference
17:00-18:00	FE-6	CEVIS Exercise
17:15-17:35	FE-5	HRF Urine Sample Collection
17:35-17:40	FE-5	HRF - Sample MELFI Insertion
17:55-18:55	FE-4	VELO Exercise, Day 3
18:00-19:30	FE-6	ARED Exercise
18:15-19:15	FE-5	T2 Exercise
18:30-18:40	CDR	Ku-band cable swap
18:45-19:15	FE-1,FE-2	Evening Work Prep
18:55-19:15	FE-4	Evening Work Prep
19:00-19:15	CDR	JRNL – journal entry
19:15-19:30	FE-1,FE-2, FE-4	Daily Planning Conference (<i>S-band</i>)
19:15-20:15	CDR	Pre-Sleep
19:15-19:25	FE-5	HRF - Hardware Setup
19:25-21:25	FE-5	Pre-Sleep
19:30-21:30	FE-1, FE-2,FE-4, FE-6	Pre-Sleep
20:15-20:30	CDR	Private Family Conference
20:30-21:30	CDR	Pre-Sleep
21:25-21:30	FE-5	Reading REMINDER
21:30-06:00	.	SLEEP
Task List	FE-1,FE-2, FE-4	Report Preparation for Roscosmos site
		Photography for Roscosmos Press Office
		ECON-M. Observations and Photography
	FE-1,FE-2	Test Operation of МІС on ISS RS
	FE-2,FE-4	URAGAN. Observations and Photography
	FE-1	SEINER. Ocean Observation

Примечания:

1. SM Window No. 9 shutter opening is at crew discretion w/ **Report to MCC**
 2. Pre-sleep ops: daily food prep, dinner, pre-sleep
 3. See OSTPV for references to US activities.
 4. **Russian crew uses US exercise equipment strictly per F24 or OSTPV**
- End of Radiogram