

GMT	CREW	ACTIVITY
18:00-18:10		Morning inspection
18:10-18:35	CDR-15	Post-sleep
18:10-18:40	ISS-14, FE-1-15, SFPVC	Post-sleep
18:35-18:50	CDR-15	RS HAM radio session
18:40-19:00	SFPVC	BREAKFAST
18:40-19:20	ISS-14, FE-1-15	BREAKFAST
18:50-19:20	CDR-15	
19:00-19:15	SFPVC	VC12 HAM radio session with City of Bristow (USA)
19:15-19:35	SFPVC	BREAKFAST
19:20-19:35	ISS-14,CDR-15, FE-1-15	Daily Planning Conference (<i>S-band</i>)
19:35-19:45	ISS-14,CDR-15, FE-1-15	BREAKFAST
19:38-19:48	SFPVC	Private Conference with Space Adventure using IP-Phone (<i>Ku-band</i>)
19:45-20:15	CDR, FE-1-15, CDR-15	Prep for Work
19:45-20:00	FE-1	
19:45-20:10	FE-2	
19:50-20:20	SFPVC	Prep for Work
20:00-20:15	FE-1	ИПД air sampling for ammonia in SM
20:10-20:20	FE-2	ROBOT simulator setup
20:15-20:30	CDR-15	Verify ИП-1 sensor installation
20:15-20:20	FE-1-15	Activate and set up Cryogem-03 refrigerator to -22 degrees C
20:15-20:30	CDR	Private Medical Conference (<i>S-band</i>)
20:15-20:30	FE-1	SM air sampling using AK-1M sampler
20:20-20:30	FE-1-15	BIOEMULSION. Placing Ice Packs in Cryogem-03
20:20-20:30	FE-2	PAO hardware setup
20:30-20:40		Crew prep for PAO
20:40-21:00		E14-E15 Handover Ceremony (<i>S + Ku-band</i>)
21:00-21:40	FE-1	Microbial sample collection
21:00-22:40	CDR-15	E15 crew familiarization with the ISS
21:10-21:25	SFPVC	MATRIX Z1. Preparations and Photo/Video 6
21:15-22:15	FE-2	Physical Exercise (RED)
21:15-22:15	FE-1-15	Physical Exercise (CEVIS)
21:30-21:45	SFPVC	Earth Photo/Video Ops
21:40-23:45	FE-1	Packing return equipment in Soyuz 219
21:45-21:50	CDR	ALTEA - deleting data from CNSM laptop
21:50-21:55		ALTEA - dosimeter deactivation
21:55-22:00		ALTEA - dosimeter activation

22:00-22:15		ALTEA - video equipment set up
22:15-23:15		Physical Exercise (RED)
22:15-22:35	FE-2,FE-1-15	Start the ROBOT simulation
22:35-00:35		SSRMS OBT using ROBoT simulator
22:40-00:40	CDR-15	Relocation of ИДЭ-2 (#2, 3) smoke detectors in DC1
22:55-23:10	SFPVC	Earth Photo/Video Ops
23:10-23:25		MATRIX Z1. Video 6 close-out ops. Phase 2
23:15-00:45	CDR	Physical Exercise (TVIS + CEVIS)
23:45-00:45	FE-1	Physical Exercise (TVIS), day 3
00:10-00:30	SFPVC	PILLE. Daily session. Retrieve, read, and install
00:30-00:45		Earth Photo/Video Ops
00:35-00:45	FE-2, FE-1-15	Terminate the ROBOT simulation
00:40-00:45	CDR-15	On MCC Go ISS O2 repress from Progress 359 CpПK (start)
00:45-01:45		LUNCH
01:45-02:40	CDR	ALTEA - CNSM Hardware Setup
01:45-01:50	CDR-15	ISS O2 repress from Progress 359 CpПK (terminate)
01:45-03:20	FE-1	Packing return equipment in Soyuz 219
01:45-02:40	FE-2	ALTEA - CNSM Hardware Setup
01:45-02:00	FE-1-15	Private Medical Conference (<i>S-band</i>)
02:00-04:30		ECP-TM. Routing cable to Laptop RSS 2. <i>Tagup (S-band)</i>
02:00-02:15	CDR-15	Private Medical Conference (<i>S-band</i>)
02:00-03:30	SFPVC	Photo/Video Ops
02:20-02:50	CDR-15	Photo/Video Ops Assistance
02:40-03:00	CDR,FE-2	ALTEA - CNSM hardware activation
03:00-04:30	CDR	ALTEA - crew member (subject) CNSM
03:00-04:00	CDR-15	Physical Exercise (CEVIS)
03:15-03:20	FE-2	Deactivation of VOA analyzer
03:20-03:35	FE-1	BIOTREK. Dismantle and transfer container #6-1 to Soyuz. <i>Tagup as necessary (S-band)</i>
03:30-03:35	FE-2	ALTEA - CNSM readiness check
03:35-04:05	FE-1	ANTIGEN. Dismantle and transfer Bioecology Containers #15, 18 to Soyuz. <i>Tagup as necessary (S-band)</i>
04:00-05:30	CDR-15	Counter Measure System (CMS) Harmful Contaminant measurements in SM. <i>Tagup with specialists (S-band)</i>
04:00-04:05	FE-2	ALTEA - CNSM readiness check
04:05-04:25	FE-1	BIOECOLOGY. Removal and transfer of Kits #5, 6 and Kit #02 to Soyuz. <i>Tagup as necessary (S-band)</i>
04:25-04:45		BIORISK. Transfer the kit to Soyuz. <i>Tagup as necessary (S-band)</i>
04:30-04:40	FE-2	ALTEA - CNSM hardware deactivation
04:30-04:45	CDR	ALTEA - CNSM hardware deactivation
04:30-05:25	FE-1-15	E15 crew familiarization with the ISS
04:40-05:10	FE-2	W2004 Jumper Cable Installation in NOD1/LAB Vestibule
04:45-06:15	FE-1, CDR	LBNP Exercise (FINAL) <i>Tagup with specialists (S-band)</i>

	(assists)	
05:10-06:40	FE-2	Physical Exercise (CEVIS)
05:10-05:25	SFPVC	E-MAIL ops
05:30-05:45	FE-1-15	Activation of Soyuz 220 Gas Analyzer
05:45-06:05	CDR-15	IMS update
05:45-06:25	FE-1-15	Evening work prep
06:15-06:20	CDR	ALTEA - CNSM data transfer
06:15-06:55	CDR-15	Evening work prep
06:20-07:15	CDR	Evening work prep
06:20-06:25	SFPVC	MUSCLE (LOW BACK PAIN) -Low Back Pain Questionnaire
06:20-06:35	FE-1	Private Medical Conference (<i>S-band</i>)
06:25-06:55	FE-1-15	COX Maintenance
06:35-07:15	FE-1	Evening work prep
06:40-06:45	FE-2	Transfer TVIS/RED/CEVIS/HRM data to MEC
06:40-06:50	SFPVC	Tagup with Consultants Team via VHF1
06:45-06:55	FE-2	PAO hardware setup
06:50-07:30	SFPVC	Evening work prep
06:55-07:05	CDR-15, FE-1-15	Crew prep for PAO
06:55-07:15	FE-2	Evening work prep
07:05-07:15	CDR-15, FE-1-15	Downlink of TV greetings to participants of Sozvezdie (Constellation) Olympiad (<i>Ku + S-band</i>) Shilov's pictures video downlink (<i>Ku + S-band</i>)
07:15-07:30	ISS-14, CDR-15, FE-1-15	Daily Planning Conference (<i>S-band</i>)
07:30-08:00		DINNER
08:00-08:30		Daily Food Prep
08:30-09:30		Pre-sleep
09:30-18:00		SLEEP

Note: See OSTP for references to US activities.

End of Radiogram