GMT	CREW	ACTIVITY
06:00-06:10	ĺ.	Morning inspection
06:10-06:40	ĺ.	Post-sleep
06:40-07:30	CDR	BREAKFAST
06:40-06:50	FE-1	HEMATOCRIT. Determining hematocrit number
06:50-06:55	FE-1	HEMATOCRIT. Stow hardware
06:55-07:40	FE-1	SPRUT. Study of liquid media in human body. Tagup with specialists (S-band)
07:30-08:00	CDR	Work prep
07:40-08:30	FE-1	BREAKFAST
08:15-08:30	CDR	DAFT - video hardware setup
08:30-08:45	FE-1	Work prep
08:30-08:45	CDR	DAFT - hardware setup
08:45-09:00	ĺ.	Daily planning conference (S-band)
09:00-09:15	FE-1	Work prep
09:00-11:30	CDR	Stow hardware for disposal in Progress 351 (with IMS support)
09:15-11:30	FE-1	
11:30-13:00	FE-1	Physical exercise (TVIS), day 1
11:30-13:00	CDR	Physical Exercise (RED)
13:00-14:00	ĺ.	LUNCH
14:00-16:00	FE-1	Transfer urine from ЕДВ-У to Progress 351 Rodnik Water Tanks [БВ] 1 and 2
14:00-14:10	CDR	DAFT - air sampling
14:10-14:25	CDR	Private medical conference (S-band)
14:25-14:35	CDR	Tagup regarding preparation of USOS hardware for stowage in Progress 351 (S-band)
14:35-17:10	CDR	Preparation of USOS hardware for stowage in Progress 351
16:00-16:30	FE-1	СОЖ maintenance
16:30-16:50	FE-1	IMS file prep
17:05-18:05	FE-1	Physical Exercise (VELO+Load trainer/Cycle 1), day 1
17:10-17:20	CDR	Tagup regarding preparation of USOS hardware for stowage in Progress 351 (S-band)
17:20-18:20	CDR	Physical Exercise (TVIS)
18:05-18:25	FE-1	Daily plan review
18:20-18:25	CDR	Transfer TVIS, RED, and HRM data to MEC.
18:25-18:40	FE-1	Private medical conference (S-band)
18:25-18:35	CDR	Download DAFT P-trak and Dusttrak data to Laptop
18:35-18:45	CDR	DAFT - hardware stow
18:40-18:45	FE-1	On MCC GO ISS O2 repress from Progress 351CpΠK (start)
18:45-19:00		Daily planning conference (S-band)
19:00-19:25	FE-1	Report prep
19:00-19:30	CDR	
19:25-19:30	FE-1	ISS repress with O2 from Progress 351CpΠK (terminate)
19:30-20:00		DINNER
20:00-20:30		Daily food prep

20:30-21:30	Pre-sleep
21:30-06:00	SLEEP

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