

GMT	CREW	ACTIVITY
15:30-15:40		Morning inspection
15:40-16:00	FE-1	Post-sleep
15:40-15:55	FE-2	
15:40-15:55	CDR	Biochemical urine test
15:55-16:15	CDR, FE-2 (assistance)	Portable Clinical Blood Analyzer (PCBA) Analysis
16:00-16:15	FE-1	Biochemical urine test
16:15-16:30	FE-2	Biochemical urine test
	CDR, FE-1	Post-sleep
16:30-16:50	FE-2, CDR (assistance)	Portable Clinical Blood Analyzer (PCBA) Analysis
16:30-16:40	FE-1	Stowing Urolux hardware
16:40-17:25		BREAKFAST
16:50-17:05	CDR, FE-2	Post-sleep
17:05-17:55		BREAKFAST
17:25-17:55	FE-1	Prep for Work
17:55-18:10		Daily Planning Conference (<i>S-band</i>)
18:10-18:30	CDR	Prep for Work
18:10-18:20	FE-2	
18:15-18:30	FE-1	Electron Liquid Unit [БЖ] #056 Pressure Check (Elektron-VM)
18:20-19:20	FE-2	VTR Troubleshooting
18:30-18:50	CDR, FE-1	24-hour ECG monitoring (start)
18:50-19:20	FE-1, CDR (assistance)	Periodic Health Status
19:20-19:50	CDR, FE-2 (assistance)	
19:20-19:50	FE-1	Crew departure prep
19:50-20:05		Private Medical Conference (<i>S + Ku-band</i>)
19:50-20:20	FE-2, CDR (assistance)	Periodic Health Status
20:05-20:30	FE-1	TV PAO "Cosmonautics Day Greetings" / (To= 20:05, T1, T2, T3 from ЦПП)
20:20-20:30	CDR, FE-2	
20:30-22:00	CDR	Physical Exercise (CEVIS)
20:30-21:00	FE-1	Crew departure prep
20:30-20:55	FE-2	Periodic Health Status (PHS): data logging
21:05-22:35	FE-1	Physical Exercise (TVIS), Day 1
21:05-21:20	FE-2	On Board Training RPM Conference (<i>S-band</i>)
21:20-22:20		Physical Exercise (RED)
22:05-22:20	CDR	Private Medical Conference (<i>S + Ku-band</i>)
22:20-22:35	FE-2	
22:35-23:35		LUNCH

23:35-01:00		VC12 Timeline Review
01:00-02:00	CDR	Crew departure prep
01:00-02:30	FE-2	Physical Exercise (TVIS)
01:00-01:40	FE-1	Replacing SM ЩО-ЩО (10Ю=A256) Lights Switchboard with the one removed from Progress 358. <i>Tagup with specialists (S-band)</i>
01:40-02:40		Audit of Individual Protection Gear (CН3) (2 bags in FGB)
02:00-03:00	CDR	Physical Exercise (RED)
02:30-02:35	FE-2	TVIS Weekly Maintenance
02:35-03:05		COЖ Maintenance
02:40-03:15	FE-1	Evening work prep
03:00-03:20	CDR	IMS update
03:05-03:20	FE-2	PHS hardware stow
03:15-04:15	FE-1	Physical Exercise (TVIS), Day 1
03:20-04:10	CDR	Evening work prep
03:20-04:15	FE-2	
04:10-04:15	CDR	Transfer TVIS/RED/CEVIS/HRM data to MEC
04:15-04:30		Daily Planning Conference (<i>S-band</i>)
04:30-05:00		VC12 program tagup (<i>S-band</i>)
05:00-05:30		DINNER
05:30-06:00	.	Daily Food Prep
06:00-07:00		Pre-sleep
07:00-15.30		SLEEP
Task List	FE-1	TBY (Universal Bioengineering Thermostat). Temperature check
		URAGAN. Observation and photo imagery

Note: See OSTP for references to US activities.

End of Radiogram