

**Transition from [PCO] to [OCK] Attitude. Purging and Evacuation of Fuel [3YГ] and Oxidizer [3YO]  
Loading Devices**

GMT	Crew	Activity
06:00-06:10	.	Morning inspection
06:10-06:20	CDR	Post-sleep
	FE-1	Calf volume measurement
06:20-06:30	CDR	
	FE-1	MO-8. System config
06:30-06:45	CDR	Post-sleep
	FE-1	Body mass measurement
06:45-07:00	CDR	
06:45-07:10	FE-1	Post-sleep
07:00-07:10	CDR	MO-8. Close-out ops
07:10-07:50		BREAKFAST
07:50-08:05		DPC ( <i>S-band</i> )
08:05-08:20	.	BREAKFAST
08:20-08:45		Work prep
08:45-09:00	CDR	Regeneration of БМП cartridge Ф1 (end)
08:45-08:50	FE-1	Payload status check in LAB
08:50-09:00		FMK deployment ops
09:00-10:15	.	Unstow equipment and tools for EVA-10. Tagup with specialists ( <i>S-band</i> )
10:15-11:45	FE-1	Physical exercise (RED)
10:15-10:55	CDR	Photography of videometer target and Laser Retro-reflector [УК ЛСВ-М] in preparation for EVA-10
11:00-12:00		Physical exercise (TVIS) day 4
11:45-12:00	FE-1	Questionnaire: journal entry
12:00-12:30		COЖ maintenance ( <i>Inspection of БРПК</i> )
	CDR	Physical exercise (RED)
12:30-13:30	.	LUNCH
13:30-16:25		Unstow equipment and tools for EVA-10. <i>Tagup with specialists. (S-band)</i>
16:25-16:55	FE-1	EVA support panel [ПОВ] check in ПxO
16:55-17:10		EVA support panel [ПОВ] check in ПxO
	CDR	TV imagery and downlink of equipment prep ( <i>Ku+S-band</i> ) and <i>Tagup with specialists (S-band)</i>
16:55-17:55	FE-1	Physical exercise (TVIS)
17:10-18:10	CDR	Physical exercise (VELO + Force Loader/ cycle-1) day 4
17:55-18:00	FE-1	Weekly TVIS maintenance
18:00-18:20		IMS file prep
18:15-18:45	CDR	Daily plan review
18:20-18:50	FE-1	
18:50-19:05	.	DPC ( <i>S-band</i> )
19:05-19:35	FE-1	Report prep
19:05-19:30	CDR	

19:30-20:00		Daily food prep
19:35-20:00	FE-1	
20:00-20:30		DINNER
20:30-21:30	.	Pre-sleep
21:30-06:00		SLEEP
<b>Task List</b>	CDR	URAGAN

**Note:** See OSTP for references to USOS activities  
End of radiogram