

GMT	CREW	ACTIVITY
06:00-06:10		Morning inspection
06:10-06:40		Post-sleep
06:40-07:30		BREAKFAST
07:30-08:00	CDR	Prep for work
07:30-07:55	FE -1	Prep for work
07:55-08:00		RASTENIYA-2. Hardware status monitoring
08:00-08:15		DPC (<i>S-band</i>)
08:15-11:15		TVIS Gyro IFM
11:15-12:45	FE -1	Physical Exercise (VELO + Force Loader/cycle1), day 2
11:15-12:45	CDR	Physical Exercise (RED)
12:45-13:45		LUNCH
13:45-15:30	FE -1	TVIS Gyro IFM
13:45-17:00	CDR	TVIS Gyro IFM
15:30-15:50	FE -1	CPB-K2M humidity condensate sampling using Russian samplers (close out ops)
15:50-16:00		Water sampling from water distribution and heating unit (БПМ-М) (HOT)
16:00-16:30		CPB-K2M filter column unit replacement (<i>Install unit # 102006, located behind FGB panel 304, removed unit – for disposal</i>)
16:30-17:00		CPBK-2M filter-reactor replacement (<i>Install #205012, located behind SM panel 250, white bag 245 N П-3-24, removed unit – for disposal</i>)
17:00-17:15	CDR	Videocam removal after TVIS test
17:15-18:15	FE -1	Physical Exercise (VELO +Force Loader/cycle1), day 2
17:15-17:20	CDR	Soyuz 7 payload status check (Increment 8)
17:20-18:20		Physical Exercise (TVIS)
18:15-18:25	FE -1	Daily plan review
18:20-18:25	CDR	TVIS weekly maintenance
18:25-18:40		DPC (<i>S-band</i>)
18:40-19:00		Daily plan review
19:00-19:30		Prep for work
19:30-20:00		DINNER (RENAL : Pill ingestion)
20:00-20:30		Daily food prep
20:30-21:30		Pre-sleep
21:30-06:00		SLEEP
Task List	FE -1	Equipment search
		RASTENIYA. Container water top-off

See OSTP for references to US activities
End of radiogram