

GMT	CREW	ACTIVITY
07:30-07:40		Morning inspection
07:40-08:10		Post-sleep
08:10-09:00		BREAKFAST
09:00-09:25	FE-1, ISS12	Work prep
09:00-09:30	CDR, VC SFP	
09:25-10:20	FE-1, ISS12	ISS11-ISS12 handover
09:30-10:20	CDR	Hardware stowage for return and disposal
10:20-10:35		Daily planning conference ( <i>S-band</i> )
10:35-12:00	CDR	Hardware stowage for return and disposal
10:40-11:40	FE-1-12	Physical Exercise (VELO + Load Trainer-1)
10:40-11:40	VC SFP, FE-1	Equipment prepack for return
11:40-12:40	FE-1	Physical Exercise (TVIS)
	CDR-12	USOS hatch seal inspection
12:00-12:40	CDR	BIOECOLOGY. Dismantling kit , replacing APT and transfer to Soyuz
12:15-12:45	FE-1-12	COЖ maintenance
12:40-12:55	FE-1	SM dust filter changeout and stow for return
12:40-14:10	CDR	LBNP Exercise (FINAL) ( <b>Exercise start- 13:00</b> ) <i>Tagup (S-band)</i>
12:40-13:10	CDR-12	Removal of helmet lights from Orlan #26 and 27, and their installation on EMU 3009, 3010
12:45-13:05	FE-1-12	IMS file prep
13:00-13:55	FE-1 assists	LBNP exercise (FINAL)
13:10-14:10	CDR-12	Physical exercise (CEVIS)
14:05-14:10	FE-1-12	<b>On MCC GO:</b> ISS O2 repress from Progress 354 CpПK (Oxygen Supply Facility) (start)
14:10-15:10		LUNCH
15:10-15:15	FE-1-12	ISS O2 repress from Progress 354 CpПK (terminate)
15:10-17:00	FE-1	Return hardware prepack
15:10-18:00	CDR	
15:20-15:35	ISS12	Private medical conference ( <i>S-band</i> )
15:30-15:50	VC SFP	Earth photo
15:35-17:35	ISS12	EMU sizing
15:50-17:00	VC SFP	Equipment prepack for return
17:00-18:00	FE-1	Physical Exercise (RED)
17:00-17:20	VC SFP	Earth photo
17:20-17:35		Private medical conference ( <i>S-band</i> )
17:35-17:45	ISS12	Installation of REBA batteries
17:45-18:00	CDR-12	Questionnaire - journal entry
17:45-17:55	FE-1-12	Verify ИП-1 sensor installation

17:55-18:35		ECON. Installing High Resolution Hardware [ABP] on window #9. <i>Tagup (S-band)</i>
18:00-18:30	CDR-12, FE-1	EMU crew bag checkout
18:00-18:10	CDR	MICROSPACE. Close-out ops and hardware transfer to Soyuz
18:10-18:35		Return hardware prepack
18:30-18:50	VC SFP	Transfer data from flash card to Laptop RSE HDD
18:30-18:45	CDR-12	Private family conference ( <i>Ku + S-band</i> )
18:35-18:50	CDR	DM thermal control during Soyuz 216 БИЛУ activation
18:35-19:05	FE-1-12	ECON. Observation and photo imagery using High Resolution Equipment [ABP]. <i>Tagup (S-band)</i>
18:50-19:05	ISS11	Private medical conference ( <i>S-band</i> )
19:05-19:45	FE-1, CDR-12	ISS12-ISS11 handover
19:05-19:55	CDR	Physical exercise (TVIS), day 1
19:05-19:15	VC SFP	LOW BACK PAIN (MUSCLE) -Back Pain Questionnaire
19:05-19:25	FE-1-12	Preparation for MO-21M. Ecosphere battery charging
19:15-19:30	VC SFP	MOP. Questionnaire
19:25-19:50	FE-1-12	Daily plan review
19:30-19:45	VC SFP	Transfer of MOP and LBP questionnaire to Soyuz
19:45-20:15	FE-1, CDR-12, VC SFP	Daily plan review
19:50-20:20	FE-1-12	Signing ISS RS Handover Protocol
19:55-20:10	CDR	Daily plan review
20:10-20:20		Signing ISS RS Handover Protocol
20:15-20:20	FE-1	Transfer TVIS, RED, and HRM data to MEC
20:20-20:35		Daily planning conference ( <i>S-band</i> )
20:35-21:00		Report prep
21:00-21:30		DINNER
21:30-22:00		Daily food prep
22:00-23:00		Pre-sleep
23:00-09:00		SLEEP
<b>Task List</b>	CDR	Processing condensate from CWC 1027

**Note:** See OSTP for references to US activities.

End of Radiogram