

GMT	CREW	ACTIVITY
06:00-06:10		Morning Inspection
06:10-06:40		Post-sleep
06:40-07:30		BREAKFAST
07:30-10:30	CDR,FE-1	Weekly housekeeping Cleaning Fan B3 grilles in DC1, grilles in ВПрК and ВПрО and ВдПрК Replacement of ПФ1-4 dust filter cartridge ( <i>ФГБ1ПГО_224_1, 0.5 CTB 1050, 1097 or bag # 354-5</i> )
07:30-10:30	FE-2	Weekly housekeeping
10:30-12:00	FE-1	Physical Exercise (TVIS), day 1
10:30-11:30	FE-2	Physical Exercise (RED)
11:50-12:50	CDR	Physical Exercise (VELO+RED), Day 1
12:50-13:20	.	Weekly Planning Conference ( <i>S-band</i> )
13:20-13:25	FE-1	<b>On MCC Go</b> ISS O2 repress from Progress 359 CpПК (start)
13:20-13:25	FE-2	Disconnect integrated voice comm system portable microphone
13:25-14:25		LUNCH
14:25-14:40	FE-2	Food frequency questionnaire
14:25-14:30	FE-1	ISS O2 repress from Progress 359 CpПК (terminate)
14:25-15:05	CDR	COЖ Maintenance.
14:40-15:40	FE-2	13A.1 EVA timeline review
15:45-15:50	FE-2	Connect integrated voice comm system portable microphone
16:00-17:00	FE-1	Physical Exercise (VELO+RED), Day 1
16:10-16:40	FE-2	13A.1 EVA Timeline Conference ( <i>S-band</i> )
16:40-18:10	FE-2	Physical Exercise (TVIS)
17:55-19:25	CDR	Physical Exercise (TVIS), Day 1
18:10-18:20	FE-2	Terminate BSA battery charge
18:20-18:35	FE-2	Questionnaire - journal entry (FE-2)
18:25-19:05	FE-1	Progress docking video downlink from LIV v/c (cassette #109, CM1PO_4_423, bag bl) ( <b>To=18:26, T1, T2, T3 from СПП</b> )
19:20-19:25	FE-2	Disconnect Display and Control Panel (DCP) power cable
19:25-19:30	FE-2	Transfer TVIS/RED/CEVIS/HRM data to MEC
19:30-20:00		DINNER
20:00-20:30		Daily Food Prep
20:30-21:30		Pre-sleep
21:30-06:00		SLEEP
<b>Task List</b>	CDR	URAGAN. Observation and photography
		Removable Cassette Container [CKK]. Photography of cassettes #2 and #9
	FE-1	MATRYOSHKA-R. Monitoring Lulin-5 data
		ECON. Observations and photography

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