GMT	CREW	ACTIVITY
06:00-06:10		Morning inspection
06:10-06:40		Post-sleep
06:40-07:30		BREAKFAST
07:30-07:35	FE-2	Disconnect Express Rack 1 (ER1) from the LAB Internal Thermal Control System
07:30-08:00	CDR	
07:30-07:40	FE-1	Work prep
07:35-07:50	FE-2	
07:40-08:00	FE-1	Tagup with specialists regarding condensate pumping unit operation (S-band)
07:50-08:00	FE-2	SWAB: unstow
08:00-08:15		Daily planning conference (S-band)
08:15-08:40	FE-1	AK-1M air sampling in SM and FGB
08:15-08:55	CDR	Clean air ducts ВД1 and ВД2 in DC1
08:15-09:55	FE-2	Node surface, water, and air biochemistry samples
08:40-08:50	FE-1	AK-1M air sampling for Freon in SM
08:50-09:05	FE-1	ИПД air sampling for CO in SM
08:55-09:00	CDR	SWAB: historical documentation photography
09:00-09:25	CDR	СОЖ maintenance
09:25-10:25	CDR, FE-1	Conference on specific aspects of Progress docking. Tagup with specialists (S-band)
09:55-10:10	FE-2	Stow surface, water, and air samples and kit
10:10-10:35	FE-2	Downlink Lab IWIS system RSU memory
10:45-10:55	CDR	PAO hardware setup
10:55-11:05		Crew prep for PAO
11:05-11:25	-	TV PAO downlink: Greetings to "Elements" school marathon concert in Great Britain (Ku+S-band)
11:25-12:55	FE-1	Physical exercise (TVIS), day 3
11:25-12:25	CDR	Clean fan B3 screen in DC1
11:25-12:55	FE-2	Physical exercise (CEVIS)
12:25-12:45	CDR	Edit IMS data
12:45-12:55	CDR	Evening work prep
12:55-14:25	FE-1	Clean fan BT-7 screen in ГЖТ4
12:55-13:00	FE-2	Shut down FGB radio equipment
12:55-14:25	CDR	Physical exercise (TVIS), day -3
13:00-13:25	FE-2	Evening work prep
13:25-13:55	FE-2	Daily food prep
13:55-14:05	FE-2	FMK deployment ops
14:05-14:20	FE-2	GSC ops
14:20-14:25	FE-2	Transfer TVIS, RED, CEVIS, and HRM data to MEC
14:25-14:40		Daily planning conference (S-band)
14:40-14:45	FE-2	Turn off GLA lights in A/L and NODE
14:40-15:10	CDR, FE-1	DINNER
14:45-15:15	FE-2	DINNER

15:10-15:25	CDR, FE-1	Daily food prep
15:15-16:10	FE-2	Pre-sleep
15:25-16:10	CDR, FE-1	Pre-sleep
16:10-00:40		SLEEP
Task List	CDR, FE-1	ISS RS Audit
		Inspection of PO hull and sidewall behind pnls 130, 134, 135, 138, and TVIS

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