

TIME	CREW	ACTIVITY
06:00-06:10	FE-5	SONOCARD. End of the experiment
06:00-06:05	CDR,FE-6	REACTION – self assessment
06:05-06:10	CDR,FE-6	Morning inspection
06:10-06:40	CDR,FE-6	Post-sleep
06:10-06:15	FE-5	Elektron-VM Aerosol Filter Inspection
06:15-06:20	FE-5	Ten-Mayak. "Sputnik" equipment deactivation
06:20-06:40	FE-5	Post-sleep
06:40-07:25	CDR	Breakfast
06:40-07:30	FE-5,FE-6	Breakfast
07:25-07:30	CDR	MPC deactivation after payload ops
07:30-07:40	.	Work prep
07:40-07:55	.	DPC (S-band)
07:55-08:15	FE-6	Work prep
07:55-08:10	CDR	Work prep
07:55-08:00	FE-5	Work prep
08:00-08:15	FE-5	SONOCARD. Data upload to Laptop RSE-MED and downlink via OCA
08:10-08:20	CDR	EHS – start of sample collection
08:15-10:15	FE-5	<b>On MCC-M go: Replacement of Block 800A (A74) on FGB. <i>Install №2397641202 (barcode 00039109R, ФГБ1ПГО_1_111). Old block №2394921501 (barcode 010316R) is to be discarded (planned on Progress 407). Update IMS</i></b>
08:20-11:20	CDR,FE-6	TVIS – maintenance (every 6 mo)
10:15-11:15	FE-5	Physical Exercise ARED
11:15-12:45	FE-5	Physical Exercise TVIS Day 4
11:20-12:50	CDR	Physical Exercise ARED
11:20-11:40	FE-6	MSG EXP Outlet 2 - visual inspection, checkout, photography and connection
11:40-12:50	FE-6	SODI - LLD stow
12:50-13:50	FE-5,FE-6	Lunch
12:50-12:55	CDR	MPC activation after payload ops
12:55-13:55	CDR	Lunch
13:50-15:20	FE-6	SODI – equipment stow
13:50-15:20	FE-5	БРПК-1 separator replacement in CPB-K2M and placement of МФР on line 1.
13:55-14:10	CDR	PMC
14:10-14:45	CDR	ЕДВ-CB in WHC – manual fill up
14:45-15:00	CDR	PPC
15:00-15:05	CDR	CGBA-5 bio-processor – status check
15:05-15:10	CDR	EHS – end of sample collection
15:10-15:20	CDR	PAO equipment prep
15:20-15:30	CDR,FE-6	PAO crew prep
15:30-15:50	CDR,FE-6	PAO
15:50-15:55	CDR	PAO equipment deactivation
15:55-16:10	FE-6	PPC
15:55-16:00	CDR	MSG – power off
16:00-17:00	CDR	Physical exercise T2
16:10-17:10	FE-6	Physical exercise CEVIS
16:40-16:50	FE-5	ABK COA "Vozdukh" – technological closings
16:50-17:30	FE-5	COЖ maintenance
17:00-17:10	CDR	Installation of T2 aluminum guides and removal of T2 handrails prior to Sabatier installation

17:10-18:40	FE-6	Physical exercise ARED
17:10-18:30	CDR	Sabatier – hose installation
17:30-17:50	<b>FE-5</b>	Tightening screw clamps at CTA ACP-B ΦGB-MRM1 interface
17:50-18:05	<b>FE-5</b>	4ГБ4 КОБ2 - check for coolant
18:05-18:25	<b>FE-5</b>	IMS update
18:30-18:40	CDR	T2 rail installation
18:40-18:55	FE-6	PMC
18:40-19:15	CDR	Evening work prep
18:40-18:45	<b>FE-5</b>	Elektron-VM Aerosol Filter Inspection
18:45-19:15	<b>FE-5</b>	Evening work prep
18:55-19:15	FE-6	Evening work prep
19:15-19:30	.	DPC ( <i>S-band</i> )
19:30-19:35	FE-6	MPC – power on
19:30-21:25	CDR, <b>FE-5</b>	Pre-sleep
19:35-21:20	FE-6	Pre-sleep
21:20-21:25	FE-6	REACTION – self assessment
21:25-21:30	CDR	REACTION – self assessment
21:25-21:30	<b>FE-5</b>	Ten-Mayak. "Sputnik" equipment activation in retranslation mode
21:25-21:30	FE-6	MPC – power off
21:30-06:00	.	Sleep

**Notes:**

1. SM Window 9 shutter opening is at crew discretion w/ Report to MCC
  2. See OSTP for missing references to US Activities
  3. Pre-Sleep: dinner, daily food prep, evening ablutions
- End of Radiogram