

FGB TANKS БНДГ (O) 1,2,3 Refilling from Progress КДУ via SM

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, FE-2	Work prep
07:30-07:55	FE-1	
07:55-08:00		PLANTS-2. Equipment monitoring
08:00-08:15		Daily planning conference (<i>S-band</i>)
08:15-12:15	CDR, FE-2	Robotics Ops
08:15-08:20	FE-1	PLASMA CRYSTAL-3. Turbo-pump activation
08:20-09:05		PLASMA CRYSTAL-3. Experiment setup. Tagup w/ specialists. (<i>S-band</i>)
09:05-09:25		DC1: dust filters ПФ1, ПФ2 changeout
09:25-10:25		DC1: Fan B1, B2 mesh screen cleaning
10:40-10:50		On MCC Go ISS repress with O2 from Progress 258 CpПК system
10:50-12:15		Physical exercise TVIS – 4. Active rest.
12:15-13:10		LUNCH
12:15-13:15	CDR, FE-2	
13:10-13:45	FE-1	PLASMA CRYSTAL-3. Experiment (start). Tagup with specialists. (<i>VHF</i>)
13:15-13:55	FE-2	IMS file prep
13:15-13:35	CDR	Setting up PHS hardware and lab equipment
13:35-14:20		FOOT-data transfer
13:45-14:15	FE-1	Remove modules TA750, TA837B and TA746 from the TA 985M device
14:15-14:20		PLANTS-2. Data downlink.
14:20-14:30	FE-2	Video setup for imaging physical exercise on RED
14:30-14:35		Setup for a ham radio session.
14:35-14:45		Ham radio session
14:35-14:45	FE-1	PLASMA CRYSTAL-3. Experiment (finish). Tag-up with specialists. (<i>S-band</i>)
	CDR	FOOT-prep for data downlink
14:45-15:15	FE-1, FE-2 помощь	Study of bioelectrical activity of heart at rest, To = 15.06 . Tag-up with specialists (<i>VHF</i>)
14:55-16:25	CDR	Physical exercise RED
15:15-15:55	FE-1	PLASMA CRYSTAL-3. Transferring data from HDD / camcorder stow. Tag-up with specialists. (<i>S-band</i>)
15:15-16:15	FE-2	Physical exercise TVIS
16:15-16:25		HRF – work site imaging
16:25-16:40		Prep for TV session (To = 16:24, T1, T2, T3 from СПП-daily flight program)

16:40-16:55		TV ISS-MCC Meeting with the participants of the 31st Russian Space Competition
16:55-17:10	CDR	Food questionnaire
16:55-17:55	FE-1	Physical exercise (VELO + Load Trainer 1, day 4). Active rest.
16:55-18:25	FE-2	Physical exercise RED
17:20-17:55	CDR	FOOT- finish data downlink
17:55-18:55		Physical exercise TVIS
18:00-18:15	FE-1	Prep for TV downlink
18:15-18:30		TV ISS-MCC PLASMA CRYSTAL-3. Video downlink.
18:25-18:35	FE-2	Stow video hardware for imaging physical exercise on RED
18:30-19:05	FE-1	COX maintenance
18:35-18:50	FE-2	FMK ops
18:50-19:05		Food questionnaire
18:55-19:15	CDR	Prep for work
19:05-19:15	FE-1, FE-2	
19:15-19:30		Daily planning conference (<i>S-band</i>)
19:30-20:00		DINNER
20:00-20:30		Daily food prep
20:30-21:30	CDR, FE-2	Pre-sleep
20:30-21:25	FE-1	
21:25-21:30		PLASMA CRYSTAL-3. Turbo-pump deactivation
21:30-06:00		SLEEP

Note: See OSTP for references to missing US activities.

End of Radiogram