

TIME	CREW	ACTIVITY
06:00-06:10	FE-6,FE-5, FE-4 ,CDR	Morning inspection
06:00-06:10	FE-2	Morning inspection. Reboot Laptop RSS2
06:00-06:10	FE-1	Morning inspection. Reboot Laptop RS2(1)
06:10-06:40		POST-SLEEP
06:40-07:30	FE-6, FE-1 , FE-5, FE-2 , CDR	BREAKFAST
06:40-07:30	FE-4	SM [ПСС] Caution & Warning Panel test (<i>after breakfast</i>)
08:30-10:00	FE-4	Physical Exercise (ARED)
09:00-10:00	FE-5	Physical Exercise (T2)
09:45-10:00	FE-1	Private family conference (<i>Ku+S-band в S/G2, S/G1-резерв</i>)
10:00-11:30	FE-5	Physical Exercise (ARED)
10:30-11:30	FE-2	Physical Exercise (T2) (see Note 5)
10:30-11:30	CDR	Physical Exercise CEVIS
11:10-11:25	FE-4	Private family conference (<i>Ku+S-band on S/G2, S/G1 as backup</i>)
11:30-13:00	CDR	Physical Exercise (ARED)
12:00-13:00	FE-1	Physical Exercise (T2) (see Note 5)
13:00-14:00		LUNCH
14:25-14:30	FE-4	PAO: equipment setup
14:30-14:40	FE-1,FE-2, FE-4	Crew preparation to PAO
14:40-14:55	FE-1,FE-2, FE-4	ISS-MCC TV: TV greeting (<i>S+Ku-band</i>)
15:00-15:40	FE-1	ECLSS Maintenance. Data downlink – [CBO] Water Supply System, [CFO] Gas Supply System, [ACU СПКУ] Toilet Use Counter, and [YOB] Potok Air Sterilization Units located in SM and FGB
15:35-16:50	FE-2	Physical Exercise (ARED)
15:50-16:50	FE-6	Physical Exercise (T2)
16:00-17:30	FE-1	Physical Exercise VELO-3
16:50-18:20	FE-6	Physical Exercise (ARED)
17:00-18:00	FE-4	Physical Exercise (T2) (see Note 5)
17:40-17:55	FE-5	Private family conference
18:30-18:55		Daily planning conference (<i>S-band</i>)
18:55-19:30	FE-1,FE-2, FE-4,FE-5, FE-6	Evening Work Prep
18:55-19:20	CDR	Evening Work Prep
19:20-19:35	CDR	Private family conference
19:30-21:30	FE-2,FE-1, FE-4	Pre-sleep ops
19:30-19:35	FE-5,FE-6	BCAT reminder check

19:35-19:40	CDR	BCAT reminder check
19:35-21:30	FE-6,FE-5	Pre-sleep ops
19:40-21:30	CDR	Pre-sleep ops
21:30-06:00		Sleep
Task List	FE-1,FE-2, FE-4	Report prep for ROSKOSMOS website
		URAGAN. Visual observations and photography
		ECON-M. Visual observations and photography
		SEINER. Study of ocean surface waters

Notes:

1. SM Window #9 shutter opening is at crew discretion w/ **Report to MCC**
2. See OSTP for references to US activities.
3. Pre-sleep ops: dinner, daily food prep, pre-sleep
4. **Use of US exercise devices by Russian crewmembers – strictly in accordance with Form 24 or OSTPV.**
5. Use **VELO** or **EXPANDER** if **T2** fails.

End of Radiogram