GMT	CREW	ACTIVITY
06:00-06:10	İ	Morning inspection
06:10-06:40		Post-sleep
06:40-07:30	1.	BREAKFAST
07:30-08:00		Prep for work
08:00-08:15		Daily planning conference (S-band)
08:15-09:15	FE-1	Equipment search before connecting Progress and Soyuz antennas AKP-BKA No. 3 to SM Kurs Π hardware
08:15-10:15	CDR	FOOT: video hardware ops
09:15-09:45	FE-1	Prep for TV PAO with Bremen
09:45-11:15		Transfer of personal items form USOS to RS
10:15-11:15	CDR	FOOT: Calibration with video imaging
11:15-12:45		Air evacuation from Lab inter-pane window volume
	FE-1	Physical Exercise (TVIS) day 3
12:50-12:55		SSC OCA router reboot
12:55-13:55	i.	LUNCH
13:55-14:05	FE-1	Equipment setup for educational PAO
	CDR	EMU battery charging (end)
14:05-14:35	FE-1	СОЖ maintenance
14:05-14:20	CDR	SSC7 reconfig for EMU battery ops
14:20-14:40		EMU battery discharge
14:35-14:55	FE-1	IMS file prep
14:40-14:55	CDR	Nominal SSC7 reconfig
14:55-15:05		Crew prep for PAO
15:05-15:25	i.	Educational PAO with Bangor schoolchildren (S + Ku-band)
15:25-16:55	FE-1	Inspection of hull in the Working Compartment behind panels 130, 134,135,138 and TVIS
15:45-18:00	CDR	Physical Exercise (TVIS + RED)
16:55-17:55	FE-1	Physical Exercise (VELO + Force Loader/ cycle 1) day 3
17:55-18:10		PCS reboot (once a week)
18:00-18:15	CDR FE-1	Daily plan review
18:10-18:40		
18:15-18:45	CDR	FOOT: Equipment stowage
18:45-19:00		Daily planning conference (S-band)
19:00-19:30		Report prep
19:30-20:00		DINNER (RENAL: Pill ingestion).
20:00-20:30		Daily food prep
20:30-21:30		Pre-sleep
21:30-06:00		SLEEP
Task list	FE-1	Equipment search

Note: See OSTP for references to US activities End of r/g