

GMT	CREW	ACTIVITY / ODF or r/g
06:00-06:10	CDR	Morning Inspection Laptop RS2(1) Reboot / Onboard Computer System (BBC), 2.1.2 p. 2
06:00-06:10	FE-1	Morning inspection. SM ПСС (Caution and Warning Panel) / Manual Controls [PCY] item 3.3 p. 3-2
06:00-06:10	FE-2	Morning inspection. RSS1,2 Reboot / R/G 1009 step 1
06:00-06:05	FE-3	Urine Drop test
06:00-06:10	FE-5	HRF-SALIVA. Sample Collection
06:00-06:10	FE-6	HRF-SALIVA. Sample Collection
06:05-06:15	FE-3	Morning inspection
06:10-06:40	CDR	Post-sleep
06:10-06:40	FE-1,FE-2	Post-sleep
06:10-06:15	FE-5	HRF - Insertion of samples into MELFI
06:10-06:15	FE-6	HRF – Insertion of samples into MELFI
06:15-06:40	FE-3	Post-sleep
06:15-06:20	FE-5	PROK. PH Urine test
06:15-06:20	FE-6	PROK- PH- Urine test
06:20-06:25	FE-5	Self-Reaction test
06:20-06:25	FE-6	Self-Reaction test
06:25-06:35	FE-5	Morning inspection
06:25-06:40	FE-6	Morning inspection
06:35-07:05	FE-5	Post-sleep
06:40-07:30	CDR,FE-1, FE-2,FE-3	Breakfast

06:40-07:10	FE-6	Post-sleep
07:05-07:55	FE-5	Breakfast
07:10-07:55	FE-6	Breakfast
07:30-09:00	FE-3	ARED Exercise
07:55-08:00	FE-6	BIOME. Survey Question One
09:00-09:15	FE-1	Private Family Conference (<i>Ku+S-band</i>)
09:00-10:00	FE-2	ARED Exercise
09:00-10:00	FE-3	T2 Exercise
09:50-10:00	CDR	Video H\W set up for БД2 Exercise
10:00-11:00	CDR	On MCC GO БД-2 -1 Exercise / R\G 3855
10:15-10:30	FE-2	Private Family Conference (<i>Ku+S-band</i>)
11:00-11:15	CDR	Tear down the equipment Used to Film Treadmill 2 Exercise and downlink the video
11:15-12:45	FE-6	ARED Exercise
11:30-11:45	FE-1	Private Family and Friends Conference (<i>Ku+S-band</i>)
12:00-13:00	CDR,FE-1, FE-2	LUNCH
12:45-13:45	FE-6	LUNCH
13:00-14:00	FE-3,FE-5	LUNCH
13:00-13:40	FE-1	COЖ Maintenance. CBO, CГО, СПКУ АСУ counter, Potok data downlink in SM and FGB/ COЖ Maintenance item4.4 p. 4-26
13:05-13:25	CDR	Private Family Conference (<i>Ku+S-band</i>)
13:45-13:50	FE-6	PROK – Diet Log (Day 2-4)
13:50-14:05	FE-6	Private Family Conference
14:00-15:30	CDR	ARED Exercise

14:00-14:30	FE-1	Evening Work Prep
14:00-14:10	FE-3	Pro K. Diet Data collection
14:00-14:05	FE-5	PROK - Diet Data collection (Data 2-4)
14:05-14:15	FE-5	HRF – HW stowage
14:30-15:30	FE-1	БД-2-3 Exercise
14:35-15:35	FE-5	T2 Exercise
15:30-17:00	FE-1	VELO-3 Exercise
15:30-17:00	FE-2	БД-2 -2 Exercise
15:35-17:05	FE-5	ARED Exercise
16:35-17:05	CDR	Evening Work Prep
17:05-17:30	.	Daily Planning Conference (<i>S-band</i>)
17:30-19:30	CDR,FE-1, FE-2	Pre-sleep
17:30-17:50	FE-5	HRF - Urine Samples Installation
17:30-18:30	FE-6	CEVIS Exercise
17:50-18:10	FE-5	Evening Work Prep
18:10-18:15	FE-5	Pre-sleep
18:15-18:30	FE-5	Private Family Conference
18:30-20:20	FE-5	Pre-sleep
18:30-18:40	FE-6	HAM Radio – Power Down
18:50-19:20	FE-6	Evening Work Prep
19:00-19:30	FE-3	Evening Work Prep
19:20-21:15	FE-6	Pre-sleep
19:30-21:25	FE-3	Pre-sleep

19:30-04:00	CDR,FE-1, FE-2	SLEEP
20:20-20:25	FE-5	REMINDER
20:25-20:30	FE-5	Self-Reaction test
20:30-05:00	FE-5	SLEEP
21:15-21:25	FE-6	USOS Windows Shutter Closure
21:25-21:30	FE-3	REMINDER
21:25-21:30	FE-6	Self-Reaction test
21:30-06:00	FE-3,FE-6	SLEEP
Task List	CDR,FE-1, FE-2	Preparation of Reports for Roscosmos site/ p/r 0484
		URAGAN. Observation and Photography/ p/r 3844
		SEINER. Ocean Observation / p/r 3845
		ECON-M. Observation and Photography
	CDR	BAR. Window Photography. R/G 3842

Note:

1. SM window No. 9 shutter opening is at crew discretion with Report to MCC / r/g 6057
2. Pre-sleep: dinner, daily food prep, pre-sleep
3. See OSTPV for references to US activities
4. Russian crew uses US exercise equipment strictly per F24 or OSTPV

End of Radiogram