

**REST**

GMT	CREW	ACTIVITY
06:00-06:10		Morning inspection
06:10-06:40		Post-sleep
06:40-07:30		BREAKFAST
07:50-07:55	FE-1	Microgravity Science Glovebox (MSG) activation
07:55-08:15		SUBSA. Placement of specimen
08:15-08:35		SUBSA/ Experiment ops (steps 1-7)
09:30-10:30	CDR	Physical exercise (TVIS, day 3)
10:00-11:30	FE-1	Physical exercise (RED)
10:30-11:30	FE-2	Physical exercise (TVIS, day 3)
10:30-10:50	CDR	<b>On MCC Go</b> ISS Repress with O2 from Progress CПГК
11:30-12:00	FE-2	Physical exercise (Active Rest)
11:30-12:30	FE-1	Physical exercise (TVIS)
12:30-13:00		Weekly planning conference ( <i>S-band</i> )
13:00-14:00		LUNCH
14:00-17:00	CDR,FE-2	Weekly ISS cleanup
14:00-14:10	FE-1	VCR reconfiguration for SUBSA
14:10-17:00		Weekly ISS cleanup
17:00-17:40	CDR	COX maintenance
17:00-17:10	FE-1	Payload status check
17:10-17:30		Transfer of TVIS/RED/CEVIS data to MEC
17:45-18:45	CDR	Physical exercise (TVIS, day 3)
17:45-18:45	FE-2	Physical exercise (VELO + Load Trainger, day 3)
18:10-18:40	FE-1	ADVASC. Taking photographs.
18:45-19:15	CDR	Physical exercise (Active Rest)
19:30-20:00		DINNER
20:00-20:30		Daily food prep
20:30-21:30		Pre-sleep
21:30-06:00		SLEEP

**Note:**

1. See OSTP for references to US activities.

2. Task List :

- URAGAN
- DIATOMEA

End of radiogram