

GMT	CREW	ACTIVITY
06:00-06:10	.	Morning Inspection
06:10-06:40	.	Post-sleep
06:40-07:30	.	BREAKFAST
07:30-07:35	CDR	Prep for Work
07:30-07:50	FE-1,FE-2	Prep for Work
07:35-07:50	CDR	БМП Φ1 cartridge regeneration (start)
07:50-08:05	.	Daily Planning Conference ( <i>S-band</i> )
08:05-08:30	CDR	Prep for Work
08:05-08:15	FE-1,FE-2	Prep for Work
08:15-09:35	FE-1	Б13 unit dismantle (panel 403) <b>on MCC GO</b> (With FGB solar array orientation system power off)/ Tagup with specialists ( <i>S-band</i> )
08:15-08:45	FE-2	JEMRMS – BDS back-up drive preparation
08:30-09:10	CDR	Connect [БНП]/portable repress unit telemetry connector in DC1
08:45-08:50	FE-2	JEMRMS – BUC power activation
08:50-09:35	FE-2	Ryutai rack – MMA activation
09:10-09:25	CDR	ИП-1sensors installation checkout
09:25-10:55	CDR	Physical Exercise (CEVIS)
09:35-09:55	FE-2	MMA - activation
09:35-09:45	FE-1	Transfer FGB protection containers from ATV
09:45-10:55	FE-1	Installation of protection containers in zone 35A (panel 403). <i>Tagup with specialists, if required (S-band)</i>
09:55-10:05	FE-2	JEMRMS - BUC power deactivation
10:10-10:20	FE-2	JEM – rack power switch checkout
10:20-10:30	FE-2	SW upgrade. Cycle 11 CD audit
10:30-10:40	FE-2	SW upgrade - ETC panels open/close
10:40-11:10	FE-2	SW upgrade - Work station 2 installation
10:55-11:55	CDR	Physical Exercise (VELO+RED)
11:05-11:25	FE-1	IMS data editing
11:10-11:25	FE-2	SW upgrade - PC2 preparation
11:25-11:55	FE-2	SW upgrade - Work station 2 activation and checkout
11:25-11:35	FE-1	Equipment stowage into FGB containers
11:45-11:55	FE-1	RASTENYA-2. Imagery
11:55-12:00	FE-2	JEMRMS - BUC power activation
11:55-12:05	CDR	Telephone conversation with specialists regarding Laptop RS1 ( <i>S-band</i> )
12:00-13:00	FE-2	LUNCH
12:05-12:20	CDR,FE-1	Telephone conversation with Editor of "Russian Space" magazine ( <i>S-band</i> )
12:20-13:20	CDR,FE-1	LUNCH
13:00-13:05	FE-2	MMA - activation
13:20-14:00	CDR	ЕДВ (КОБ) refill for ELEKTRON
13:30-14:05	FE-1	Transfer FGB protection containers from ATV

13:45-14:25	FE-2	JEMRMS – BDS back-up drive checkout 2
14:00-14:40	CDR	[COЖ] maintenance
14:05-16:05	FE-1	Progress №364 stowage with IMS update
14:40-15:35	CDR	Progress №364 stowage with IMS update
14:40-14:55	FE-2	JEM – gas supply to CGSE (start)
14:55-15:05	FE-2	JEMRMS - BUC power deactivation
16:05-17:35	FE-2	Physical Exercise (RED)
16:05-16:15	CDR	VOZDUKH system technological closing
16:15-16:35	CDR	SKV2 compressor thermal insulation
16:20-17:35	FE-1	Physical Exercise CEVIS
17:00-17:30	CDR	Measurement of harmful contaminants in SM with the help of CMS
17:30-18:20	CDR	ПФ1, ПФ2 dust filter changeout and B1, B2 fan grid cleaning in DC1 (ФГБ1ПГО_2_224_1, bag 354-5 (b/c 00038529R) or ФГБ1ПГО_2_226_1, bag 352-2 (b/c 00037761R))
17:35-18:40	FE-1	Physical Exercise (VELO+RED)
17:35-18:35	FE-2	Physical Exercise CEVIS
18:25-18:30	CDR	TVIS/RED/HRM data transfer to MEC
18:30-19:05	CDR	Evening Work Prep
18:35-19:05	FE-2	Evening Work Prep
18:40-19:05	FE-1	Evening Work Prep
19:05-19:20	.	Evening Daily Planning Conference (S-band)
19:20-19:30	.	Evening Work Prep
19:30-20:00	.	DINNER
20:00-20:30	FE-1,FE-2	Daily Food Prep
20:00-20:20	CDR	Daily Food Prep
20:20-20:35	CDR	БМП Ф1 cartridge regeneration (term)
20:30-21:30	FE-1,FE-2	Pre-sleep
20:35-21:30	CDR	Pre-sleep
21:30-06:00	.	SLEEP

**Notes:**

1. SM Window #9 shutter opening is at crew discretion with **Report to MCC**
  2. See OSTP for references to US activities.
- End of Radiogram