GMT	CREW	ACTIVITY
06:00-06:10		Morning inspection
06:10-06:25 06:25-06:40	FE-1	Post-sleep
	CDR	Biochemical urine test
	FE-1	
	CDR	Post-sleep
06:40-07:00	FE-1	Acoustic dosimeters data registration ops
06:40-07:30	CDR	BREAKFAST
07:00-07:25	FE-1	Post-sleep
07:25-08:15		BREAKFAST
07:30-07:40	CDR	UROLUX hardware stow
07:40-07:45		PLANTS-2. Payload status check
07:45-08:15		Work prep
08:15-08:30		Daily planning conference (S-band)
08:30-09:00	FE-1	Work prep
08:30-08:50	CDR	RS LAPTOP 2 battery cycling
08:50-10:20		SM battery 800A (No.8) changeout
09:00-09:10	= = FE-1	Removal of previously installed atmospheric formaldehyde monitors
09:10-09:20		Daily payload status check
09:20-10:20		Physical exercise (TVIS)
10:20-11:00		СОЖ maintenance
10:20-11:50	CDR	Physical exercise (TVIS, day 4)
11:20-11:30	FE-1	EMU battery discharge
11:30-11:50		METOX canister installation in EMU
11:50-12:50		LUNCH
12:50-16:55		EMU fit-check
16:55-17:05	CDR	RS LAPTOP 2 battery cycling
16:55-18:25	FE-1	Physical exercise (RED)
17:05-18:05		Physical exercise (VELO + HC-1, day 4)
18:05-18:15	CDR PHS and lab equipment set up Daily plan review	PHS and lab equipment set up
18:15-18:45		Daily plan review
18:25-18:45		, ,
18:45-19:00		Work prep
19:00-19:15		Daily planning conference (S-band)
19:15-19:30		Work prep
19:30-20:00	CDR	Daily food prep
19:30-19:50	FE-1	Acoustic dosimeters. Static noise level measurement mode
19:50-20:00		Daily food prep
20:00-20:30		DINNER
20:30-21:30		Pre-sleep
21:30-06:00		SLEEP

Note: See OSTP for references to US activities.

End of radiogram