Switching to ЛКТ4Б2 prime string with ВД-СУ mode off

GMT	Crew	Activity
06:00-06:10		Morning inspection
06:10-06:40		Post-sleep
06:40-07:00	CDR, FE -1(assist)	Biochemical blood analysis
07:00-07:40		BREAKFAST
07:40-08:10		Prep for work
08:10-08:25		Daily planning conference (S-band)
08:25-11:05	CDR	Biochemical blood analysis
08:25-09:45	FE -1	ΠΦ1, ΠΦ2 cartridge replacement <i>(behind panel 113, FGB)</i> and B1, B2 screen cleaning in DC1
09:45-10:25		ВД1 and ВД2 air duct cleaning in DC1
10:25-10:55		Audiogram session using EARQ software
10:55-12:10		Physical exercise (TVIS)
11:05-11:30	CDB	Audiogram session using EARQ software
11:30-12:30	CDR	Physical exercise ((VELO + Load Trainer-1 / Day 2)
12:10-12:15	FE -1	TVIS weekly maintenance
12:15-12:25		EXPEDITION 7 Payload status check
12:25-12:30		HAM radio setup
12:30-13:30	CDR	LUNCH
12:30-12:40	FE -1	HAM radio session
12:40-13:30	FE - I	LUNCH
13:30-15:30	CDR	Progress M-48 cargo transfer ops and inventory
13:30-15:10	FE -1	
15:10-15:40	FE -1	SSC7 laptop reconfig for A/L ops
15:30-16:10	CDR	INTERACTION – data collection and backup
15:40-16:00	FE -1	EMU battery discharge
16:00-16:30	 	SSC7 Laptop reconfig to Nominal
16:10-17:40	CDR	Physical exercise (TVIS) - day 2
16:30-17:00	EE 1	СОЖ maintenance
17:00-18:15	FE -1	Physical exercise (RED)
17:40-18:10	CDR	Daily plan review
18:10-18:40		Downlink of PLASMA CRYSTAL-3 video (To=18.11, T1, T2, T3 set in CΠΠ (Daily Flight Plan))
18:15-18:45	FE -1	Daily plan review
18:45-19:00		Daily planning conference (S-band)
19:00-19:30		Prep for work
19:30-20:00		DINNER
20:00-20:30		Daily food prep

20:30-21:30	Pre-sleep
21:30-06:00	SLEEP

See OSTP for references to US activities.

End of Radiogram