GMT	CREW	ACTIVITY
06:00-06:10		Morning inspection
06:10-06:40		Post-sleep
06:40-07:30		BREAKFAST
09:30-10:30	FE-2	Physical Exercise (RED)
09:30-09:50	CDR	Private Family Conference (S+Ku-band)
10:30-11:30		Physical Exercise (VELO+RED), day 3
10:55-11:15	FE-1	Private Family Conference (S+Ku-band)
11:30-13:00		Physical Exercise (TVIS), day 3
12:30-12:45	FE-2	Private Family Conference (S+Ku-band)
13:00-14:00		LUNCH
14:00-14:40	CDR	СОЖ Maintenance
14:00-14:05	FE-2	Connect LAB LTL QD's for CDRA Activation
14:40-15:40	CDR,FE-1	Install Progress 360 Docking Mechanism
15:45-16:45	FE-1	Physical Exercise (VELO+RED), day 3
15:45-17:15	FE-2	Physical Exercise (CEVIS)
16:10-16:20	CDR	Private Psychological Conference (VHF)
16:45-18:15	CDR	Physical Exercise (TVIS), day 3
17:25-17:40	FE-2	Crew Discretionary Conference (S + Ku-band)
17:40-17:55	FE-1	Private Psychological Conference (VHF)
18:15-18:30		Daily Planning Conference (S-band)
18:30-19:30		Prep for Work
19:30-20:00	CDR,FE-1	Daily Food Prep
19:30-19:40	FE-2	Daily Food Prep
19:40-20:10	FE-2	Private Psychological Conference (S +Ku-band)
20:00-20:30	CDR,FE-1	DINNER
20:10-20:30	FE-2	DINNER
20:30-21:30		Pre-sleep
21:30-06:00		SLEEP
Task List	CDR	Removable Cassette Container [CKK]. Cassette #2 and #9 Photos
	FE-1	GCF-JAXA. ТБУ temperature monitoring (in the morning)
		DIATOMEA. World Ocean Observations

Note: See OSTP for references to US activities. End of Radiogram