

GMT	CREW	ACTIVITY
18:00-18:10		Morning inspection
18:10-18:40		Post-sleep
18:40-19:30		BREAKFAST
19:30-19:45	CDR, FE-1, CDR-15, FE-1-15	Prep for Work
19:30-19:35	FE-2	Signal Video Converter (SVG) power up
19:30-20:00	SFPVC	Prep for Work
19:35-19:45	FE-2	Prep for Work
19:45-20:00	ISS-14, CDR-15, FE-1-15	Daily Planning Conference ( <i>S-band</i> )
20:00-20:15	CDR, FE-1, CDR-15, FE-1-15	Prep for Work
20:00-20:20	FE-2	Prep for Work
20:20-20:30	FE-2	Activation of SPS in A/L
20:15-20:30	CDR-15	Verify ИП-1 sensor installation
20:15-21:15	FE-1	Dismantling ЛКТ (TA251МБ) and ROM in the Soyuz 219 Orbital Module ( <b>Update the IMS</b> )
20:30-20:55	FE-2, FE-1-15	Robotics conference ( <i>S-band</i> )
20:55-21:25	CDR, FE-2	Conference with PL specialists ( <i>S-band</i> )
21:00-21:30	FE-1-15	E15 crew familiarization with the ISS
21:15-21:25	CDR-15	Sanitary-epidemiological status check
21:15-22:05	FE-1	Sanitary-epidemiological status check
21:25-21:40	CDR	Private Medical Conference ( <i>S + Ku-band</i> )
21:30-21:45	FE-1-15	Taking readings from AOK ГАНК-4М gas analyzer
21:45-22:00	FE-1-15	Liquid Unit БЖ #056 (Elektron-VM) pressure monitoring
21:50-22:50	FE-2	Physical Exercise (RED)
22:00-23:00	FE-1-15	Filling Potable Water Container and disinfecting US/RSA-A hose
22:05-00:00	FE-1, CDR-15	Audit of SVO equipment
22:05-22:35	CDR	Prepack USOS hardware for stowage in Soyuz
22:35-22:50		Educational Payload Ops (EPO): camcorder set up
22:45-23:00	SFPVC	E-MAIL ops
22:50-23:15	CDR,FE-2	EPO - comm system demonstration
23:15-23:30	SFPVC	VC12 SFP Earth Photo/Video Ops
23:15-23:25		Hardware stow after EPO
23:25-00:25	CDR	Physical Exercise (RED)
23:00-01:00	FE-1-15	Audit of Stationary Light Fixtures [СД] in RS. Test of Light Units
00:00-01:00	CDR-15	E15 crew familiarization with the ISS
00:00-01:00	FE-1	Physical Exercise (TVIS), Day 4
00:20-00:40	SFPVC	PILLE. Daily session
00:40-00:55	SFPVC	VC12 SFP Earth Photo/Video Ops

00:55-01:00	CDR	On MCC Go ISS O2 repress from Progress 359 CpПК (start)
00:55-01:00	FE-2	Payload status check /
01:00-02:00		LUNCH
02:00-02:20	FE-1	Search for missing PL
02:00-03:00	FE-1-15	Search for missing PL
02:00-02:05	FE-2	ALTEA - dosimeter activation
02:00-02:05	CDR	ISS O2 repress from Progress 359 CpПК (terminate)
02:00-04:00	CDR-15	Audit of Stationary Light Fixtures [CД] in RS. Test of Light Units
02:20-02:50	CDR	Sokol space suit leak check and drying in Soyuz 219
02:20-03:00	FE-1	
02:20-02:25	FE-2	ALTEA - dosimeter activation
02:30-03:20	FE-2	Inspection of Portable Breathing Apparatus (PBA) and Portable Fire Extinguisher (PFE)
03:00-03:20	FE-1	Dismantling Unit 2 in Soyuz 219
03:15-04:45	CDR	Physical Exercise (TVIS + CEVIS)
03:20-03:50	FE-1	Search for MLI Blanket
03:20-03:40	FE-1-15	Installation of Unit 2 in Soyuz 220
03:20-04:05	FE-2	IWIS installation
03:50-04:50	FE-1-15	Physical Exercise (RED)
04:00-04:55	CDR-15	E15 crew familiarization with the ISS
04:05-04:20	FE-2	CGBA4 - medium retrieval
04:40-06:10	FE-2	Physical Exercise (CEVIS)
04:45-06:15	FE-1, CDR (assistance)	LBNP Exercise (FINAL) <i>Tagup with specialists (S-band)</i>
04:55-05:55	CDR-15	Physical Exercise (RED)
05:30-06:05	FE-1-15	Evening work prep
05:55-06:15	CDR-15	IMS update
06:00-06:05	SFPVC	LOW BACK PAIN (MUSCLE) -Low Back Pain Questionnaire
06:05-06:45	FE-1-15	Filling KOV (separation) for Elektron system (fill KOV when time permitting)
06:10-06:15	FE-2	Transfer TVIS/RED/CEVIS/HRM data to MEC
06:15-06:25	FE-1	Sokol space suit leak check and drying in Soyuz 219
06:25-06:45		Evening work prep
06:15-07:15	CDR, FE-2, CDR-15	Evening work prep
06:20-06:55	SFPVC	Evening work prep
06:45-07:15	FE-1-15	COЖ Maintenance
06:45-07:00	FE-1	Private Medical Conference (S-band)
06:55-07:05	SFPVC	Tagup with Consultants Team via VHF1 (To = 07:01)
07:00-07:15	FE-1	Evening work prep
07:05-07:30	SFPVC	Evening work prep
07:15-07:30	ISS-14, CDR-15, FE-1-15	Daily Planning Conference (S-band)

07:30-08:00		DINNER
08:00-08:30		Daily Food Prep
08:30-09:30		Pre-sleep
09:30-18:00		SLEEP

**Note:** See OSTP for references to US activities.

End of Radiogram