

GMT	CREW	ACTIVITY
06:00-06:10		Morning inspection
06:10-06:40		Post-sleep
06:40-07:30		BREAKFAST
07:30-08:00		Prep for work
11:00-11:05	FE-1	Disconnect BCP-TM from EGE-2
11:20-12:50	CDR	Physical Exercise (RED)
	FE-1	Physical Exercise (TVIS) day 3
12:50-13:50		LUNCH
14:00-14:40	CDR	TV system Ku-band config for Progress/Soyuz dock/undock
14:40-15:10		TV Ku-band test (TV system set up for dock/undock, EVA)
15:10-15:20	CDR	Photo/TV: Deactivation of A31P Laptop
15:10-15:15	FE-1	DVCAM PD-150P battery charge. Config set up.
15:20-15:50		Kentavr suit adjustments. Tagup w/specialists (<i>S-band</i>)
16:00-17:00	FE-1	Physical Exercise (TVIS) day 3
16:01-16:16	CDR	Private conference (<i>S-band</i>)
17:00-18:00		Physical Exercise (TVIS)
17:00-17:30	FE-1	Filling EDV (KOV) for Elektron . <i>From SM Rodnik tank EB2</i>
17:30-18:00		COЖ maintenance
18:00-18:05	CDR	TVIS/RED/HRM data transfer to MEC
18:05-18:10		HAM radio set up
18:10-18:20		HAM radio pass
18:35-19:05		Report prep
18:40-18:45	FE-1	DVCAM PD-150P battery charge. Config teardown.
18:45-19:15		Report prep
19:05-19:15	CDR	FMK stowage
19:15-19:30		Daily planning conference (<i>S-band</i>)
19:30-20:00		DINNER
20:00-20:30		Daily ration prep
20:30-21:30		Pre-sleep
21:30-06:00		SLEEP
Task list	FE-1	PLANTS-2. P/L status check

Note: See OSTP for references to US activities
End of radiogram