

Prep for return. Physical

GMT	CREW	ACTIVITY
06:00-06:10	.	Morning Inspection
06:10-06:40	.	Post-Sleep
06:40-07:00	.	Blood biochemistry
07:00-07:20	.	24-h ECG (start)
07:20-08:10	.	Breakfast
08:10-08:35	.	Work Prep
08:35-08:40	FE-1	PL Status Check
08:35-08:40	CDR	PLANTS-2. Equipment Monitoring
08:40-08:55	.	Daily Planning Conference (<i>S-band</i>)
08:55-11:35	CDR	Blood biochemistry
08:55-10:25	FE-1	Corridor rack housekeeping, Part 2
10:25-11:25	FE-1	Physical Exercise - TVIS
11:25-12:55	FE-1	Physical Exercise - RED
11:35-11:45	CDR	METEOROID. [CMMK] Sensor hook-up to [CMMK] Electronics Box
11:55-12:55	CDR	Physical Exercise – TVIS – Day 2
12:55-13:55	.	Lunch
13:55-14:55	.	VC-7 Program Review. <i>Tagup (S-band)</i>
14:55-15:55	CDR	Gas-Liquid Mix Filter (ΦГC) Replacement in CPBK-2M (<i>Install No. 301003 (009856R) CM1PO_1_138_1, dispose of removed filter</i>)
14:55-15:00	FE-1	MCA valve opening
15:00-16:00	FE-1	Corridor rack housekeeping, Part 2
16:00-16:55	FE-1	MSG Rack Hardware Checkout and Reconfig
15:55-16:55	CDR	Prep for Soyuz 214 Return
16:55-17:55	CDR	Physical Exercise – TVIS – Day 2
16:55-17:55	FE-1	Prep for Soyuz 214 Return
17:55-18:25	CDR	Physical Exercise - RED
17:55-18:10	FE-1	Questionnaire – Journal Entry
18:10-18:15	FE-1	MCA valve closure
18:15-18:45	FE-1	Review of Next Day's Plan
18:25-18:45	CDR	
18:45-19:15	.	Report Prep
19:15-19:30	.	Food Prep
19:30-19:45	.	Daily Planning Conference (<i>S-band</i>)
19:45-20:15	.	Dinner
20:15-20:30	.	Food Prep
20:30-21:30	.	Pre-Sleep
21:30-06:00	.	Sleep
Task List	CDR	Uragan

Note: 1. cf. OSTP for missing references to US activities2. **CDR:** medical recommendations

End of Radiogram