GMT	CREW	ACTIVITY
06:00-06:10	FE-1	Morning inspection
06:00-06:20	CDR	Acoustic dosimeters: equipment setup (operation 1 of 5)
06:10-06:40	FE-1	Post-sleep
06:20-06:30	CDR	Morning inspection
06:30-07:00		Post-sleep
06:40-07:30	FE-1	BREAKFAST
07:00-07:50	CDR	DREARFAST
07:30-08:00	FE-1	Work prop
07:50-08:00	CDR	Work prep
08:00-08:15		Daily planning conference (S-band)
08:15-09:15	FE-1	DC1 and FGB ΓA prep for relocation with IMS update
08:15-08:35		Start EMU battery discharge
08:35-08:45	CDR	Start EMU Metox Regeneration
08:45-10:05		Sample collection and cultivation with SSK
09:15-09:30	FE-1	CTTC comm assets switchover to a prime set
09:30-10:10		DIATOMEA. World ocean observations
10:05-11:05	CDR	Microbial air sampling using MAS kit
10:10-11:10	FE-1	DC1 and FGB ΓA prep for relocation with IMS update
11:05-11:15	CDR	Routine inspection of RED
11:10-11:25	FE 4	Check condition of window for BCK4 device
11:25-11:50	FE-1	DIATOMEA. World ocean observations
11:15-12:00	CDD	On-orbit calibration of RED
40.00 40.00	CDR	Physical Exercise (RED)
12:00-13:30	FE-1	Physical Exercise TVIS- 3
13:30-14:30		LUNCH
14:30-14:55	FE-1	VOLNY [WAVES]. Hardware activation. Tagup with specialists (S-band)
14:30-14:45	000	Food questionnaire
15:00-15:10	CDR	PAO hardware setup
15:10-15:20		PAO crew prep
15:20-15:40		PAO event (Ku + S-band)
15:40-16:40		Post-EVA A/L config
16:40-17:40	FE-1	Physical Exercise (VELO+RED)-3
10.40-17.40	CDR	Physical Exercise (TVIS)
17:40-17:45		Transfer TVIS, RED, and HRM data to MEC
17:40-18:10	FE-1	Filling EDV (KOB) for Electron
17:45-18:05	CDR	IMS update
18:10-18:40	FE-1	СОЖ maintenance
18:15-18:45	CDR	Daily plan review
18:45-19:00		Daily planning conference (S-band)
19:00-19:30	FE-1	Report prep
19:00-19:20	CDR	Treport piep

19:30-20:00		DINNER
20:00-20:30	CDR	Daily food prep
	FE-1	Daily food prep
20:30-21:30		Pre-sleep
20:30-21:20	CDR	
21:20-21:30	CDK	Acoustic dosimeters: pre-sleep equipment setup (operation 2 of 5)
21:30-06:00		SLEEP

Note: See OSTP for references to US activities.

End of radiogram