

GMT	CREW	ACTIVITY
12:00-13:30		Morning inspection, post-sleep. BREAKFAST.
12:10-12:25	CDR	Biochemical urine analysis
12:25-12:40	FE-1	Biochemical urine analysis
13:45-13:55	CDR	UROLUX hardware stowage
13:45-13:55	FE-1	Carbon dioxide level monitoring
13:55-14:25		Prep for work
14:25-14:40		DPC (<i>S-band</i>)
14:40-15:10	FE-1	COX maintenance
14:40-14:50	CDR	On MCC go: Station repress with Progress 249 air using CpПK
14:50-15:00	CDR	Sputnik-SM hardware activation
15:05-15:20	CDR	Post-EVA PILLE dosimeter readings
15:15-15:30		PMC (<i>S-band</i>)
15:30-17:30		Suit ops. <i>Tagup</i> (<i>S-band</i>)
17:50-19:20		Physical exercise
19:20-19:35		DPC (<i>S-band</i>)
19:40-20:00		FD / ISS crew conference (<i>S-band</i>)
20:00-21:30		DINNER
		Daily food prep
		Pre-sleep
21:30-06:00		SLEEP

Note: See OSTP for references to US activities

End of radiogram