

TIME	CREW	ACTIVITY
07:00-07:05	CDR	REMINDER- reading reminder
07:00-07:10	FE-1	Morning inspection Laptop RSS1, RSS2 reboot SM Caution and Warning Panel (ПСС) test
07:00-07:10	FE-2	Morning inspection Laptop RS1(2) reboot
07:05-07:15	CDR	Morning inspection
07:10-07:40	FE-1,FE-2	Post sleep
07:15-07:40	CDR	Post sleep
07:40-08:30	.	BREAKFAST
08:30-08:45	.	Daily Planning Conference (<i>S-band</i>)
08:45-09:00	FE-1	Work prep
08:45-09:05	FE-2	Work prep
08:45-08:50	CDR	VEG-Daily Plant Check
08:50-09:20	CDR	USND2- Equipment set up and activation
09:10-09:50	FE-1	БД1 and БД2 air ducts cleaning in DC1
09:20-09:25	CDR	SHD- Daily log entry
09:25-11:30	CDR	SPRINT – Scanning operations
09:25-09:50	FE-2	Crew Medical Officer (CMO) Proficiency Training
09:50-10:10	FE-2	SPRINT - prep and experiment run - assist
10:30-11:10	FE-1,FE-2	OTKLIK. Mate БКC connectors. <i>Tag up with specialist</i>
11:10-11:20	FE-1	On MCC Go OTKLIK. Mate connector 171=A1-X4. <i>Tag up with specialist</i>
11:20-11:30	FE-1,FE-2	OTKLIK. Close out operations. <i>Tag up with specialist</i>
11:30-11:40	CDR	EARTH – Saving data
11:40-12:15	CDR	Acoustic dosimeters stowage
11:50-13:20	FE-1	ARED Exercise
11:50-13:20	FE-2	БД-2-1 Exercise
12:25-12:30	CDR	USND2 - Ultrasound 2 h/w deactivation
12:30-12:35	CDR	Connect USB CEVIS to SSC
12:35-12:40	CDR	VEG-01 - еженедельное фотографирование
12:40-12:50	CDR	USOS windows shutters closure
12:50-13:50	CDR	T2 Exercise
13:20-14:20	FE-1,FE-2	Midday meal
13:50-14:50	CDR	Midday meal
14:20-14:50	FE-1	BIOSIGNAL. Kriogem-03 set up
14:20-14:40	FE-2	IMS update
14:50-15:00	CDR	WRS – water samples analysis
15:00-19:00	.	Sleep

Notes:

1. SM Window No. 9 shutter opening is at crew discretion w/ **Report to MCC**
 2. Pre-sleep ops: daily food prep, dinner, pre-sleep
 3. See OSTPV for references to US activities
 4. Russian crew uses US exercise equipment strictly per F24 or OSTPV
- End of Radiogram