

Setting up [COTP] devices. MO-3 on Treadmill.

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
08:00-08:15		Daily Planning Conference (<i>S-band</i>)
08:15-08:30		ISS crew and ГОГУ (RSA Flight Control Team) weekly conference (<i>S-band</i>)
08:30-08:45	FE-1	Taking readings from AOK ГАНК-4М gas analyzer
08:30-09:15	CDR, FE-2	OGS Umbilical Installation
08:45-09:00		IMS tagup (<i>S-band</i>)
09:00-11:25	FE-1	Installation of vibration isolators and air ducts with acoustic shields on BKЮ2 fan (with fan replacement). <i>Tagup with specialists (S-band)</i>
09:15-10:45	CDR, FE-2	OGS Feedwater Installation
10:45-11:30		OSG Backup Power Cable Installation
11:25-12:25	FE-1	Physical Fitness Evaluation (on treadmill)
11:30-13:00	CDR	Physical Exercise (CEVIS)
11:30-11:40	FE-2	PAO hardware setup
12:00-13:00		Physical Exercise (RED)
12:25-12:55	FE-1	Physical Exercise (TVIS), day 2
12:55-13:00		On MCC GO ISS repress with O2 from Progress 357 CpПK (start)
13:00-14:00	.	LUNCH
14:00-14:05	FE-1	ISS O2 repress from Progress 357 CpПK (terminate)
14:00-15:00	CDR, FE-2	OGS Installation Cleanup
14:05-15:40	FE-1	Installation of vibration isolators and air ducts with acoustic shields on BKЮ2 fans (w/fan replacement) <i>Tagup with specialists (S-band)</i>
15:00-15:10	CDR, FE-2	Crew prep for PAO
15:10-15:30		PAO Event (<i>Ku + S-band</i>)
15:30-17:30	CDR	Gathering of US trash to be loaded into Progress
15:35-15:45	FE-2	O2 level check
15:40-16:40	FE-1	RELAXATION. УФС-1 filter IFM / <i>Tagup with specialists (S-band)</i>
15:55-16:25	FE-2	COЖ maintenance
16:25-16:45		IMS update
16:40-17:40	FE-1	Physical Exercise (VELO + RED) day 2
16:45-18:15	FE-2	Physical Exercise (CEVIS)
17:40-18:40	CDR	Physical Exercise (RED)
17:40-18:10	FE-1	Replacement of urine receptacle (М-П) and filter-insert (Ф-В) in the toilet [ACY] (Install: М-П #950149, b/c 00038777R ФГБ1ПГО_4_426_1; Ф-В #403037 in pouch #0340052, b/c 010513R CM1PO_1_138. Update IMS)
18:10-18:20		LAZIO. PCMCIA card replacement. <i>Tagup with specialists (S-band)</i>
18:15-18:30	FE-2	Questionnaire - journal entry

18:20-18:40	FE-1	Maintenance closures of Vozdukh [ABK] valves
18:30-18:35	FE-2	Payload status check
18:40-18:55		Daily Planning Conference (<i>S-band</i>)
18:55-19:00	CDR	Transfer TVIS/RED/CEVIS/HRM data to MEC
19:00-19:10		Evening work prep
19:10-19:40		DINNER
19:40-20:00		Flight Director / ISS Crew Tagup (<i>S-band</i>)
20:00-20:30		Daily food prep
20:30-21:30		Pre-sleep
21:30-06:00		SLEEP

Note: See OSTP for references to US activities.

End of Radiogram