GMT	Crew	Activity
08:00-08:10		Morning inspection
08:10-08:40		Post-sleep
08:40-09:30		BREAKFAST
09:30-09:55	CDR	Day 6 march
09:30-10:00	FE-1, FE-2	Prep for work
09:55-10:00	CDR	PLANTS-2: payload status
10:00-10:15		Daily planning conference
10:15-10:45	FE-1	PFMI: specimen setup/removal
10:15-10:25	CDR	On MCC go Disconnect ТМИ-connector from БИТС2-12
10:15-12:20	FE-2	Connect БСР2 to Regul String 2 ТЛФ3 channel
10:25-11:50	CDR	Replace the VOZDUKH Vacuum Pump
10:45-10:55	FE-1	PFMI: videotape removal
10:55-11:15		PFMI - Steps 1-6
11:15-11:25		PFMI - Step 7
11:25-12:55		Periodic Fitness Evaluation: nominal operations
11:50-12:00	CDR	On MCC go Mate ТМИ-connector to БИТС2-12
12:00-12:30		Periodic Fitness Evaluation: nominal operations
12:20-12:30	FE-2	Test the Regul Packet Radiogram System at 16 Kb/s
12:30-13:55	FE-2	Physical exercise (TVIS) – 1
12:30-12:45	CDR	Regeneration of Φ1 absorption bed in БМП (start)
12:45-13:15	CDR	Interactions: data collection
12:55-14:25	FE-1	Physical exercise RED
13:30-14:30	CDR	Physical exercise (TVIS)-1
13:55-14:05	FE-2	Test the Regul Packet Radiogram System at 16 Kb/s
14:05-14:25	FE-2	Cycle the Laptop 2 battery
14:25-14:35	FE-1	PAO-hardware setup
14:30-14:35	CDR	Weekly TVIS maintenance
14:35-14:45		Prep for PAO
14:45-15:20		LUNCH
15:20-15:30		PAO event
15:30-15:45]	LUNCH
15:45-16:00		PAO event
16:00-16:15		LUNCH
16:15-16:25	FE-1	PFMI – replace videotape
16:40-17:25	CDR,FE-1	Install ETVCG
16:45-17:15	FE -2	Interactions: data collection
17:15-18:35	L - L	Disconnect the cable from Regul ТЛФ2
17:25-18:10	CDR, FE -1	Setup ETVCG
18:10-18:45	CDR	СОЖ Maintenance
18:35-18:45	FE -2	Cycle the Laptop 2 battery
18:45-20:15	CDR	Physical exercise (TVIS)-1

18:45-19:15	FE -2	IMS File Prep
18:50-19:00	FE -1	PCG-STES 008 Status.DAILY STATUS CHECK MATRIX.
19:00-19:30		Daily plan review
19:15-20:15	FE -2	Physical exercise (VELO + Load Trainer -1)-1
19:30-20:00	FE -1	Prep for work
20:05-20:20		ADVASC – air sampling
20:15-20:45	CDR, FE -2	Daily plan review
20:20-20:25	FE -1	ADVASC – status check
20:25-20:40		ADVASC - deactivation
20:40-21:00		Prepare samples for return from the ARCTIC freezer
20:45-21:15	CDR, FE -2	Prep for work
21:00-21:15	FE -1	
21:15-21:30		Daily planning conference
21:30-22:00		Dinner
22:00-22:30		Daily food prep
22:30-23:30		Pre-sleep
23:30-08:00		SLEEP

Note:

See OSTP for references to US activities

End of radiogram