

GMT	CREW	ACTIVITY
06:00-06:10		Morning inspection
06:10-06:40		Post-sleep
06:40-07:30		BREAKFAST
07:30-10:30		EMU R&R
10:30-12:00	CDR	Physical Exercise (TVIS + RED) day 3
10:30-10:40	FE-1	Stowed EMU battery discharge (termination)
10:40-10:55	FE-1	SSC config for EMU ops
10:55-11:15	FE-1	Stowed EMU battery discharge (start)
11:15-11:30	FE-1	SSC reconfig for nominal ops
12:30-12:45		Weekly planning conference (<i>S-band</i>)
13:20-13:30	FE1	Equipment setup for PAO event
13:30-13:40		Crew prep for PAO event
13:40-13:50		PAO Event: "Congratulatory Address to the Moscow Geodesics and Cartography State University on its 225 th anniversary" and Congratulatory Address to A. A. Leonov on his 70 th birthday (<i>S+Ku-band</i>)
13: 50-14:00	CDR	TV downlink of SM (AO)-Progress interface survey prior to hatch closure (<i>KU-band</i>)
14:00-15:00		LUNCH
15:00-15:05	FE-1	LAB window leak check
15:00-18:00	CDR	Weekly housekeeping
15:10-15:20	FE-1	Carbon dioxide level monitoring
15:20-15:35	FE-1	PPC (<i>S-band</i>)
16:00-19:00	FE-1	Weekly housekeeping
18:00-19:00	CDR	Physical Exercise (VELO + Force Loader/cycle 1) day 3
19:00-19:30	CDR	COX maintenance
19:15-19:30	FE-1	Questionnaire: journal entry
19:30-20:00		DINNER
20:00-20:30		Daily food prep
20:30-21:30		Pre-sleep
21:30-06:00		SLEEP
Task List	CDR	PROFILAKTIKA. Experiment set up
		Assessment of available space in FGB and DC1 for Progress 249 transfers
		Inventory of Lights CД1-7, CД1-6, CД1-5M, БД light units for CД1-7, burnt out and spares, as well as power supply units for CД1-5M, failed and spare

Note: See OSTP for references to US activities
End of radiogram