

| GMT | CREW | ACTIVITY |
|------------------|------|---|
| 06:00-06:10 | | Morning inspection. Rebooting the RS3 Laptop at Work Site 1 |
| 06:10-06:40 | | Post-sleep |
| 06:40-07:30 | | BREAKFAST |
| 07:30-08:00 | | Work prep |
| 08:00-08:15 | | Daily Planning Conference (<i>S-band</i>) |
| 08:15-08:25 | FE-1 | NOA (ESANO1). Hardware setup and activation |
| 08:15-08:25 | CDR | Disconnecting Express Rack 1 (ER1) from LAB internal thermal control system |
| 08:25-08:55 | FE-1 | COX maintenance |
| 08:25-09:25 | CDR | Changing access point |
| 08:55-09:10 | FE-1 | NOA (ESANO1). Measurement and close out ops |
| 09:10-09:20 | FE-1 | NOA (ESANO1). Data dump from RSE Laptop via BCP-TM |
| 09:20-11:25 | FE-1 | Stowing hardware in Progress 354 for disposal and IMS update |
| 09:25-10:25 | CDR | ULF1.1 rack reconfig |
| 10:25-11:25 | CDR | Physical Exercise (TVIS) |
| 11:25-12:55 | FE-1 | Physical Exercise (TVIS) Day 1 |
| 11:25-12:55 | CDR | Physical Exercise (RED) |
| 12:55-13:55 | | LUNCH |
| 13:55-14:40 | CDR | Microbiological analysis T+2. |
| 13:55-16:50 | FE-1 | Stowing hardware in Progress 354 for disposal and IMS update |
| 14:40-18:00 | CDR | ULF1.1 rack reconfig |
| 16:50-17:10 | FE-1 | IMS update |
| 17:10-18:10 | FE-1 | Physical Exercise (VELO+RED) day 1 |
| 18:00-18:10 | CDR | CWC audit |
| 18:10-18:15 | FE-1 | Transferring TVIS, RED, and HRM data to MEC |
| 18:10-18:15 | CDR | O2 and CO2 status check |
| 18:15-18:45 | | Daily plan review |
| 18:45-19:00 | | Report prep |
| 19:00-19:15 | | Daily Planning Conference (<i>S-band</i>) |
| 19:15-19:30 | | Report prep |
| 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 | FE-1 | GCF-JAXA. TBY temperature check |

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