

GMT	CREW	ACTIVITY
08:55-09:05	.	Morning inspection
09:05-09:35	.	Post-sleep
09:35-10:25	.	BREAKFAST
10:25-10:35	CDR	Carbon dioxide level monitoring
10:25-10:30	FE-1	LAB window leak check
10:30-11:30	FE-1	Installation of new S/W on MEC
10:35-10:50	CDR	Reboot of PCS (once a week)
10:50-10:55	CDR	Reboot of SSC OCA router
11:30-11:40	FE-1	Update of files with Physical Exercise protocol on MEC
11:40-12:10	FE-1	S/W prep for HRM
12:10-13:40	CDR	Physical Exercise (TVIS) day 1
12:10-12:15	FE-1	Payload status check
13:30-14:30	FE-1	Physical Exercise (TVIS)
14:30-15:30	.	LUNCH
15:30-15:55	.	Flight Director [ПП] / ISS crew conference (<i>S-band</i>)
16:30-17:00	CDR	Questionnaire: <i>Bracelet</i>
17:00-18:30	FE-1	Physical Exercise (RED)
17:00-17:30	CDR	COЖ maintenance (<i>Inspection of БРПК separator</i>)
17:30-18:30	CDR	Physical Exercise (VELO + Load Trainer/cycle 1) day 1
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	RELAKSATSIYA: Hardware disassembly
		KUB Topaz and Amber cube teardown
		Uragan

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