

| GMT | CREW | ACTIVITY |
|------------------|------|---|
| 06:00-06:10 | | Morning inspection |
| 06:10-06:40 | | Post-sleep |
| 06:40-07:30 | | BREAKFAST |
| 07:30-07:55 | | Prep for work |
| 07:55-08:10 | | Daily planning conference (<i>S-band</i>) |
| 08:10-11:10 | | Crew procedure and preliminary EVA timeline review. <i>Tagup w/EVA specialists (VHF + S-band)</i> |
| 11:10-11:25 | CDR | GASMAP HRF: Routine health check w/power up |
| 11:25-12:55 | | Physical Exercise (RED) |
| | FE-1 | Physical Exercise (TVIS) day 2 |
| 12:55-13:55 | | LUNCH |
| 13:55-15:55 | | Search for EVA equipment and tools. <i>Tagup w/EVA specialists (VHF + S-band)</i> |
| 15:55-16:25 | FE-1 | Filling EDV (KOV) for Elektron from EDV-OR #785 |
| 16:00-16:30 | CDR | WinSCAT ops |
| 16:25-16:55 | FE-1 | COЖ maintenance / <i>Inspection of БППК separator</i> |
| 17:00-17:30 | | Installation of supplementary portable repress tank (БНП) in DC1 |
| 17:00-17:15 | CDR | Private family conference (<i>Ku + S-band</i>) |
| 17:25-18:30 | | GASMAP HRF: Routine health check w/power down |
| 17:30-18:30 | FE-1 | Physical Exercise (VELO + Force Loader/cycle 1) day 2 |
| 17:30-18:30 | CDR | Physical Exercise (TVIS) |
| 18:30-18:35 | | TVIS/RED/HRM data transfer to MEC |
| 18:35-18:55 | | FD / ISS crew conference (<i>S-band</i>) |
| 19:15-19:30 | | Daily planning conference (<i>S-band</i>) |
| 19:30-19:50 | | DINNER |
| 20:00-20:30 | | Daily ration prep |
| 20:30-21:30 | | Pre-sleep |
| 21:30-06:00 | | SLEEP |
| Task list | FE-1 | PLANTS-2. P/L status check |
| | | PLANTS -2. Water tank top-off |
| | | CCБП wipes audit in Soyuz БО |
| | | Tracking hardware for recording ACH-M data to Laptop 3 |
| | CDR | IMS file prep |

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