

TIME	CREW	ACTIVITY
06:00-06:05	<b>CDR</b>	PLAZMENNIY KRISTALL. Pressure check
06:00-06:10	<b>FE-2</b>	Morning Inspection. RSS1, RSS2 Reboot
06:00-06:10	<b>FE-3,FE-4</b>	Morning Inspection
06:00-06:05	<b>FE-5</b>	Reaction self-test
06:00-06:05	<b>FE-6</b>	PROK: urine specimen collection
06:05-06:15	<b>CDR</b>	Morning Inspection. RS2(1) Reboot
06:05-06:15	<b>FE-5</b>	Morning Inspection
06:05-06:35	<b>FE-6</b>	HRF: urine specimen collection
06:10-06:40	<b>FE-2,FE-3, FE-4</b>	Post-sleep
06:15-06:40	<b>CDR,FE-5</b>	Post-sleep
06:35-06:40	<b>FE-6</b>	HRF: transfer of urine specimens to MELFI
06:40-07:30	<b>CDR,FE-2, FE-3</b>	Breakfast
06:40-07:30	<b>FE-4</b>	Breakfast. SM C&W Panel Test (after breakfast)
06:40-07:20	<b>FE-5</b>	Breakfast
06:45-06:50	<b>FE-6</b>	REACTION: reaction self-test
06:50-07:00	<b>FE-6</b>	Morning Inspection
07:00-07:30	<b>FE-6</b>	Post-sleep
07:20-07:35	<b>FE-5</b>	Private family conference
07:30-08:20	<b>FE-6</b>	Breakfast
07:35-07:45	<b>FE-5</b>	Breakfast
09:20-09:35	<b>CDR</b>	Private family conference ( <i>Ku+S-band, in S/G2, S/G1 - backup</i> )
10:00-11:00	<b>CDR</b>	Physical Exercise: Treadmill-2 – Day 2
10:00-11:30	<b>FE-3</b>	Physical Exercise (ARED)
10:05-10:25	<b>FE-6</b>	HRF: urine specimen collection
10:25-10:30	<b>FE-6</b>	HRF: transfer of urine specimens to MELFI
10:30-11:30	<b>FE-6</b>	Physical Exercise (T2)
11:00-12:30	<b>FE-4</b>	Physical Exercise: Treadmill-2 - Day 1
11:30-13:00	<b>FE-6</b>	Physical Exercise (ARED)
11:55-12:55	<b>FE-2</b>	Physical Exercise (VELO-1)
12:30-12:45	<b>FE-4</b>	Private family conference ( <i>Ku+S-band, in S/G2, S/G1 - backup</i> )
12:55-13:00	<b>FE-2</b>	<b>On MCC Go.</b> ISS Repress w / N2 from Progress №419 Section 2 Gas Tanks (SM Aft) (start)
13:00-14:00	.	Lunch
14:00-14:05	<b>FE-2</b>	ISS Repress w / N2 from Progress №419 Section 2 Gas Tanks (SM Aft) (start)
14:00-14:05	<b>FE-6</b>	PROK: menu selection and recording
14:05-14:20	<b>CDR,FE-2, FE-4</b>	Voice Conference with editor of Rossiysky Kosmos (Russian Space Industry) magazine ( <i>S-band</i> )
14:05-14:20	<b>FE-3</b>	Private family conference

14:20-15:00	<b>FE-4</b>	COЖ Maintenance. <b>CBO, CГО, СПКУ ACY counter, YOB "Potok" in SM and FGB - data dump</b>
14:30-14:50	FE-6	HRF: urine specimen collection
14:50-14:55	FE-6	HRF: transfer of urine specimens to MELFI
15:10-16:40	<b>CDR</b>	Physical Exercise (ARED)
15:00-15:15	<b>FE-2,FE-4 - handover</b>	Vozdukh test valve activations
15:30-16:00	<b>FE-4</b>	СЛС. Data transfer from RSE-LCS to RSS2 and downlink
15:40-15:55	<b>FE-2</b>	Private family conference ( <i>Ku+S-band, in S/G2, S/G1 - backup</i> )
16:00-17:00	<b>FE-4</b>	Physical Exercise (VELO – 1)
16:05-17:05	FE-5	Physical Exercise (T2)
16:40-16:45	<b>CDR</b>	Comm configuration for experiment conference out of MRM2
16:45-17:35	<b>CDR</b>	PLAZMENNIY KRISTALL. Installation of software to copy data and downlink LOG files. <i>Tagup w/specialist (S-band)</i>
17:00-18:30	<b>FE-2</b>	Physical Exercise: Treadmill-2 - Day 1
17:05-18:35	FE-5	Physical Exercise (ARED)
17:15-18:15	FE-3	Physical Exercise: T2
17:35-17:40	<b>CDR</b>	Comm reconfig to nominal
18:35-19:05	.	Evening work prep
19:05-19:30	.	Evening DPC ( <i>S-band</i> )
19:30-21:25	<b>CDR</b>	Pre-sleep
19:30-21:30	<b>FE-2,FE-3, FE-4</b>	Pre-sleep
19:30-21:20	FE-5	Pre-sleep
19:30-21:15	FE-6	Pre-sleep
21:15-21:20	FE-6	REACTION: reaction self-test
21:20-21:25	FE-5,FE-6	REMINDER: reminder review
21:25-21:30	FE-5	Reaction self-test
21:25-21:30	FE-6	REMINDER: reminder review
21:25-21:30	<b>CDR</b>	PLAZMENNIY KRISTALL. Pressure check
21:30-06:00	.	Sleep
<b>Task List</b>	<b>CDR,FE-2, FE-4</b>	EKON-M. Observation and photo imagery
		Preparation of reports for Roscosmos site

**Notes:**

1. SM Window #9 shutter may be opened at crew discretion w/ Report to MCC
2. See OSTP for references to US activities.
3. Pre-sleep ops: daily food prep, dinner, pre-sleep
4. Russian crew may use US exercise equipment strictly per F24 or OSTPV
5. At high beta angles the crew powers off all Auxiliary Computer System (BKC) Laptops which are not in use