

GMT	CREW	ACTIVITY
08:00-08:10		Morning inspection
08:10-08:40		Post-sleep
08:40-09:30		BREAKFAST
09:30-10:00		Prep for work
10:00-10:15		Daily planning conference
10:15-12:15		Unloading and inventory audit of Progress M1-9 cargo
12:15-13:45	FE-2	Physical exercise (TVIS)+ active rest-1
12:25-13:05	CDR	Maintenance of COЖ
12:35-12:45	FE-1	P/L status check
12:45-14:15		Physical exercise RED
13:05-13:10	CDR	Inspection of БРПК separator
13:10-13:15		BP fan inspection on CKB1(2)
13:15-14:15		Physical exercise (TVIS)-1
14:15-15:15	CDR,FE-2 FE-1	HDTV. Video shooting of medical examination of crew. Session 1,2. (To=14.45)
14:15-15:15		Physical exercise - CEVIS
15:15-16:10	CDR	LUNCH
15:15-16:15	FE-1,FE-2	
16:10-16:40	CDR	PLANTS-2. Start of experiment
16:15-18:55	FE-1,FE-2	Unloading and inventory audit of Progress M1-9 cargo
16:40-18:55	CDR	
18:55-19:25	FE-2	Preparation for delta file downlink
18:55-20:25	CDR	Physical exercise (TVIS)+active rest-1
19:25-20:25	FE-2	Physical exercise (VELO+Load Trainer-1)-1
20:25-20:55		Next day plan review
20:55-21:05		Daily planning conference
21:05-21:30		Prep for work
21:30-22:00		DINNER
22:00-22:30		Daily food prep
22:30-23:30		Pre-sleep
23:30-08:00		SLEEP

Task List:

DZUS-Photo-Documet/FE-1

Note: See OSTP for references to US Task List activities.

End of radiogram