

GMT	CREW	ACTIVITY
06:00-06:10		Morning inspection
06:10-06:40		Post-sleep
06:40-07:30		BREAKFAST
08:50-09:50	FE-1	Physical Exercise (TVIS), day 1
08:55-09:00	CDR	Setting up HAM radio
09:00-09:10	CDR	HAM radio session
09:50-10:20	FE-1	Filling EDV [KOB] for Elektron
09:50-10:50	CDR	Physical Exercise (TVIS)
10:20-10:50	FE-1	COX maintenance
10:50-11:50		LUNCH
11:50-12:20	FE-1	CRYSTALLIZER. Transfer of CRYOGEM-03M hardware to SM
12:20-12:30	FE-1	Switching TBY from BPC 331 to PBC 333 (10A)
12:30-12:35	CDR	EXPRESS rack 4 Laptop power down
12:35-12:40	CDR	Oxygen and CO2 monitoring
12:40-12:45	CDR	Transferring TVIS, RED, and HRM data to MEC
12:45-13:15		Daily Plan Review
13:15-13:30		Daily Planning Conference (<i>S-band</i>)
13:30-14:00		Report prep
14:00-14:30		Daily food prep
14:30-15:00		DINNER
15:00-16:00		Pre-sleep
16:00-00:30		SLEEP
Task list	FE-1	STATOKONIA. APT temperature check
		GCF-JAXA. TBY temperature check

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

End of radiogram