GMT	CREW	ACTIVITY
06:00-06:10		Morning inspection
06:10-06:40		Post-sleep
06:40-07:30		BREAKFAST
07:30-07:40		Work prep
07:40-07:55		Daily planning conference (S-band)
07:55-08:15		Work prep
08:15-08:55	CDR	СОЖ maintenance
08:15-09:00	FE-1	Pulmonary Function in Flight (PuFF) - GASMAP HRF config/powerup
09:00-10:00	CDR, FE-2	IMS audit of personal hygiene items (СЛГ). Tag up w/ ground specialist (if needed) (S-band)
09:00-09:10	FE-1	EXPRESS Rack 2 ARIS – guides installation
09:25-09:35		Glove box (MSG) - activation
09:35-09:55		SUBSA – placement of specimen 11
09:55-10:15		SUBSA ops (steps 1-7) 2nd run
10:00-10:05	CDR	Inspection of БРПК-2 separator
10:00-12:00	FE-2	Sampling of acoustic noise levels in SM during operation of the replaceable pump panel in SM internal thermal loop. Tagup w/ ground specialist (if needed) (S-band)
10:05-10:25	CDR	Correction of БИНС using PUMA optical instrument (backup) (Activity to be performed On MCC-M Go)
10:15-11:15	FE-1	Physical exercise (TVIS)
10:25-10:45	CDR	Pulmonary Function in Flight (PuFF) – initial calibration of hardware
10:45-11:25	CDR	Pulmonary Function in Flight (PuFF) – standard test
11:20-11:30	FE-1	SUBSA ops (step 8) with crew participation
11:30-13:00	CDR	Physical Exercise (TVIS Active Rest)
11.30-13.00	FE-1	Physical Exercise (RED)
12:00-13:00	FE-2	Physical Exercise (CYCLE) Active Rest
13:00-14:00		LUNCH
14:00-14:15	CDR	Private medical conference (S-band)
14:15-16:15	CDR, FE-2	IMS audit of personal hygiene items (СЛГ). Tag up with ground specialists (if necessary) (S-band)
14:30-14:40		Payload status check
14:40-15:10		ADVASC – photo documentation
15:10-15:20	FE-1	SUBSA – video recorder reconfiguration by crew
15:20-16:00		Pulmonary Function in Flight (PuFF) – standard test
16:00-16:20		Pulmonary Function in Flight (PuFF) – final hardware calibration
16:20-16:30	CDR, FE-2	Pre-MO-9 private medical conference (УКВ)
16:20-17:05	FE-1	Pulmonary Function in Flight (PuFF) and GASMAP HRF- power down and stow hardware
16:30-17:15	CDR (assist)	Periodic fitness evaluation (treadmill)
16:30-17:30	FE-2	
17:05-17:15	FE-1	Low temperature cooling loop: connector coupling

17:15-17:55	CDR	CPBK-2M: Water Conditioning Unit (БКВ) compressor R&R
17:15-17:30	FE-1	Private medical conference (S-band)
17:30-17:45	FE-2	
17:45-18:15		Copy data from "Cardiocassette-2000" and OCA downlink (KU-band)
17:55-18:55	CDR	Physical Exercise TVIS (Active Rest)
18:15-18:45	FE-1	Daily plan review
	FE-2	IMS file prep
18:45-19:15	FE-1, FE-2	Work prep
18:55-19:15	CDR	
19:15-19:30		Daily planning conference (S-band)
19:30-20:00		DINNER
20:00-20:30		Daily food prep
20:30-21:30		Pre-sleep
21:30-06:00		SLEEP

Note: See OSTP for references to US activities.

End of radiogram