CMT	CDEW	ACTIVITY
GMT	CREW	ACTIVITY
06:00-06:10		Morning inspection
06:10-06:40		Post-sleep
06:40-07:30		BREAKFAST
07:30-08:00		Prep for work
08:00-08:15		Daily planning conference (S-band)
08:15-11:15		"Electron-VM" liquid unit changeout from # 005 to # 006 Tag up with specialists. (S-band)
11:15-11:25	FE -1	On MCC Go: Connection of "Electron-VM" telemetry connector to БИТС2-12 system
11:20-13:10	CDR	Gathering personal effects on USOS before USOS isolation
11:25-11:55	FE -1	Closeout operations after "Electron-VM" liquid unit changeout from # 005 to # 006
11:55-12:10		IMS file prep
12:10-13:10		Physical Exercise (VELO+ Load Trainer -1) – day 4
13:10-14:10		LUNCH
14:10-14:25	CDR	PAO event
14:10-15:00	FE -1	BT-8 screen cleaning on ГЖТ4 (gas/fluid heat exchanger)
14:25-14:45	CDR	EMU battery charging - start
14:45-15:15		Interaction – data collection
15:00-15:50	FE -1	BT-7 screen cleaning on ГЖТ4 (gas/fluid heat exchanger)
15:15-15:30	CDR	Crew conference (per crew's request) (S-band)
15:30-17:45		Physical Exercise (TVIS + RED)
15:50-16:45	FE -1	Gathering personal effects on USOS before USOS isolation
16:45-18:15		Physical Exercise (TVIS) – day 4
17:50-17:55	CDR	S7 Payload status check (Increment 8)
18:00-18:15		Questionnaire: journal entry
18:15-18:35		Daily plan review
18:35-18:50		Daily planning conference (S-band)
19:00-19:30		Prep for work
19:30-20:00].	Daily food prep
20:00-20:30		DINNER (RENAL: pill ingestion)
20:30-21:30		Pre-sleep
21:30-06:00		SLEEP
Task List	FE -1	Equipment search
Note: See OSTD for references to US activities		

Note: See OSTP for references to US activities

End of radiogram