TIME	CREW	ACTIVITY crew procedure or r/g
06:00-06:10		Morning Inspection
06:10-06:40		Post-Sleep
06:40-07:30		Breakfast
07:30-07:45		WORK PREP
07:45-08:00		DPC
08:00-08:15		WORK PREP
08:15-09:05	CDR	File download from HRM to ? ??
08:30-08:45	PLT	2 ARIS Rack 2 – guides installation
08:55-09:05	FE-1	Take down of atmosphere formaldehyde monitors (FMK)
09:00-09:15	PLT	Dreamtime - preparation
09:05-09:20	FE-1	VOICE-IMS discussion over S-band
09:05-09:45	CDR	TVIS/RED/CEVIS data download to MEC
09:15-09:45	PLT	Dreamtime – Earth surface filming
09:20-10:00	FE-1	??? Maintenance per instruction from the ground
09:45-11:15	PLT	Physical Exercise (TVIS+RED) - 1
09:50-10:00	CDR	CBCS cover photography on NODE1 from Soyuz window
10:00-10:15	CDR	Dreamtime - preparation
10:00-10:15	FE-1	????? [BMP???2 cartridge] regeneration (completion) / ??????? item.7.3 step 2,4 page.7-4, 7-5
10:15-10:45	CDR	Dreamtime – documentary filming
10:15-11:15	FE-1	Physical Exercise Ergometer - 1
10:45-11:05	CDR	Removal and stow of dosimeters
11:05-11:10	CDR	??2 level measurements
11:15-12:15		Lunch
12:15-12:45		WPC
12:45-15:45	FE-1. PLT	TORU drill r/g1863
12:55-13:40	CDR	SSRMS camera preparation
13:40-15:30	CDR	Microbiological analysis
15:30-16:00	CDR	IWIS procedures review (on SSC6)
15:45-16:45	PLT	Physical Exercise CEVIS
15:45-17:15	FE-1	Physical Exercise (TVIS+RED) - 1
16:05-17:25	CDR	HAM radio session
16:25-16:35	FE-1	SSAS deactivation
16:45-17:10	PLT	Daily US P/L status check
16:45-18:45	CDR	Physical Exercise (TVIS+RED)
17:15-18:00	FE-1	Delta file downlink preparation
17:45-18:15	PLT	REPORT PREP
18:00-18:30	FE-1	NEXT DAY PLAN RVW
18:15-18:45	PLT	Files XFER from MEC to ???
18:30-19:30	FE-1	????-? installation c/o ?/?1866
18:45-19:00		NEXT DAY PLAN RVW
19:00-19:15	CDR,PLT	

19:05-19:30	PLT,CDR	REPORT PREP
19:20-19:45	CDR,PLT	FD conference with ISS Crew
19:30-19:45	FE-1	
19:55-20:20		DINNER
20:20-20:50		DAILY FOOD RATION PREP
20:50-21:30		Pre sleep
21:30-06:00		SLEEP

Note: Refer to OSTP for US activities reference.

End of r/g