

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		DPC (<i>S-band</i>)
08:15-10:15	CDR	Assembly and installation of enclosures
10:15-11:45		Physical Exercise (TVIS + RED) day 2
11:45-12:45		LUNCH
12:45-14:45	CDR	Changeout of replaceable pump panel [СПН] in FGB internal hydraulic loop [БГК-2]
14:45-16:15		Assembly and installation of enclosures
16:15-16:35		IMS file prep
16:35-16:50		PMC (<i>S-band</i>)
16:55-17:25		COЖ maintenance
17:25-18:25		Physical Exercise (VELO +Force Loader/ cycle 1) day 2
18:25-18:55		Daily plan review
18:55-19:25		Report prep
19:25-19:40		DPC (<i>S-band</i>)
19:40-20:10		DINNER
20:10-20:30		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