GMT	CREW	ACTIVITY
20:00-20:10		Morning Inspection
20:10-20:40		Post-sleep
20:40-21:30		BREAKFAST
21:30-21:45		Daily Planning Conference (S-band)
21:45-21:50	FE-2	DCS battery charging
21:45-21:50	CDR	PCMCIA card formatting
21:45-22:00	FE-1	БМΠ Ф1 Absorption Cartridge Regeneration
21:50-22:20	CDR	Prep for Work
22:00-22:30	FE-1	Prep for Work
22:20-22:25	CDR	PCMCIA card formatting
22:25-23:55		Physical Exercise (RED)
22:45-23:15	FF 4	DYKHANIE [RESPIRATION]. Experiment setup
23:35-00:45	= FE-1	DYKHANIE [RESPIRATION]. Experiment and closeout ops; photography
23:50-00:20	FE-2	FSL Troubleshooting and WAICO Activities
23:55-00:00	CDD	PCMCIA card formatting
00:00-00:30	CDR	Start Filling CWC from the Lab Condensate Tank
00:20-00:45	FE-2	LAB ITCS Sample
00:30-00:35	CDB	PCMCIA card formatting
00:35-00:45	CDR	TVIS Card Replacement
01:00-02:00	FE-2	Physical Exercise (TVIS)
01:00-01:15		Terminate filling CWC from Lab Condensate Tank
01:15-01:20	CDR	PCMCIA card formatting
01:20-02:20		Physical Exercise (CEVIS)
01:20-01:25	FE-1	On MCC Go ISS repress from Progress 363 CpΠK (start)
01:25-02:25		Physical Exercise (VELO+RED), day 1
02:00-02:05	FE-2	DCS battery replacement
02:20-02:25	CDR	PCMCIA card formatting
02:25-02:30	FE-1	ISS repress from Progress 363 CpΠK (terminate)
02:30-03:30		LUNCH
03:30-04:05	FE-2	ITCS LTL Sample Collection in NODE2
03:30-04:55	FE-1	SM Rodnik Water Tank 1 [5B1] Bladder Compression
03:30-03:35	CDR	PCMCIA card formatting
03:35-04:10		BPSMU installation
04:10-04:20		VTR bypass cable config
04:20-04:25		PCMCIA card formatting
04:20-04:55	FE-2	ITCS MLT sample collection in NODE2
04:25-05:10	CDR	Camera config for RPM maneuver
04:55-05:35	FE-1	СОЖ Maintenance
05:35-06:00		SM and FGB air sampling using AK-1M sampler
05:10-06:10	FE-2	Physical Exercise (RED)
06:00-06:10	CDR	Laptop power up

06:10-06:40		Prep for DOUG s/w review
06:15-07:45	FE-1	Physical Exercise (TVIS), day 2
06:40-06:45	FE-2	DCS battery stowage
06:45-07:45	CDR	PMA2 pressurization
06:50-07:35	FE-2	Prep for Work
07:35-08:15		Biolab. WAICO Experiment Finalization. Equipment Stow
07:45-08:15	CDR	Prep for Work
07:45-07:50	FE-1	Transfer TVIS/RED/CEVIS/HRM data to MEC
07:55-08:15		IMS update
08:15-08:30		Daily Planning Conference (S-band)
08:30-09:00	FE-1,CDR	DINNER
08:30-08:35	FE-2	Biolab. Remove VTR tape
08:35-09:00		DINNER
09:00-09:20	FE-1	Daily Food Prep
09:00-09:30	FE-2,CDR	Daily Food Prep
09:20-09:35	FE-1	БМП Ф1 Absorption Cartridge Regeneration (termination)
09:30-10:30	FE-2,CDR	Pre-sleep
09:35-09:40	FE-1	SM Rodnik Water Tank 1 [БВ1] Bladder Compression.
09:40-10:30		Pre-sleep
10:30-19:00		SLEEP
Task List	FE-1	ТБУ (Universal Bioengineering Thermostat). Temperature check
		PLANTS-2. Payload Status Check and Photography

Notes: 1. See OSTP for references to US activities.
2. SM Window #9 shutter opening is at crew discretion, with Report to MCC