GMT	CREW	ACTIVITY
00:00-00:05	CDR	Elektron-VM Aerosol Filter Inspection
00:00-00:05	FE-1	Morning Inspection
00:00-00:05	FE-5	D2XS Battery Recharge
00:00-00:05	FE-6	REACTION Self Test
00:00-00:10	FE-2	Morning Inspection
00:00-00:10	FE-3	Morning Inspection
	CDR, FE-1, FE-6	Post-sleep
00:05-00:10	FE-5	REACTION Self Test
00:10-00:35	FE-5	Post-sleep
00:10-00:40	FE-3	Post-sleep
00:10-00:40	FE-2	Post-sleep
	<b>CDR, FE-1</b> , FE-5, FE-6	BREAKFAST
00:40-01:25	FE-2, <b>FE-3</b>	BREAKFAST
01:25-01:40		Work Prep
01:40-01:55		Daily Planning Conference (S-band)
01:55-02:00	CDR, FE-1	Work Prep
	FE-2, <b>FE-3</b> , FE-5, FE-6	Work Prep
02:00-02:15	CDR, FE-1	On MCC GO БМΠ Φ1 Absorption Cartridge Regeneration (start)
02:15-03:15	FE-6	Physical Exercise (CEVIS)
02:15-02:30	FE-2	CEVIS Overview
02:25-02:55	FE-1, FE-3	CMS Exercise Introduction
02:40-03:05	CDR	TV PAO (ISS-MCC) Greetings to Participants of the Cosmonautics Day Celebration
02:55-03:05	FE-1, FE-3	Event in Kaluga <i>To=To=02:42, T1, T2, T3 from CΠΠ</i>
03:05-04:05	CDR	Physical Exercise (VELO) day 3
03:15-04:45	FE-6	Physical Exercise (ARED)
113 13-113 311	<b>FE-1</b> , FE-2, <b>FE-3</b>	CMS and ARED Introduction
03:25-03:30	FE-5	D2XS Battery Recharge
03:45-04:45	FE-5	T2 Physical Exercise
03:45-04:00	FE-2	CMS and T2 Introduction
04:05-06:20	<b>CDR, FE-1,</b> FE-2, <b>FE-3</b>	Emergency Egress Drill. Tagup with specialists (S-band)
04:40-04:50	FE-6	WRS UPA Configuration
04:45-06:15	FE-5	Physical Exercise (ARED)
04:50-04:55	FE-6	WHS Configuration
04:55-05:35	FE-6	BPSMU installation
06:20-06:40	FE-2, FE-6	Equipment Lock Preparation

06:40-07:40		LUNCH
07:40-08:20	FE-3	СОЖ Maintenance
07:40-08:10	FE-5	Airlock 10A2 Panel Removal
07:40-08:55	FE-6	PMA2 Repress
07:40-08:40	FE-2, <b>FE-1</b>	Crew time for ISS adaptation and orientation
08:10-08:25	FE-5	Temperature and Humidity Control (THC) Intermodule Ventilation Assembly (IMV) diffuser configuration
08:20-09:20	FE-3	Crew time for ISS adaptation and orientation
08:25-08:55	FE-5	Temperature and Humidity Control (THC) Intermodule Ventilation Assembly (IMV) Valve Installation
08:55-09:20	FE-5	Filling CWC from the Lab Condensate Tank
09:35-09:40	FE-5	D2XS Battery Recharge
09:40-10:40	CDR, FE-5, FE-6	RPM Maneuver Procedure Review
10:40-10:55	FE-1, FE-3	Familiarization with Physical Exercise and TVIS Procedures
10:40-10:45	FE-6	HAM Radio Setup
10:40-10:55	FE-5	Terminate CWC Fill
10:40-12:10	CDR	TVIS-2 Physical Exercise
10:45-10:55	FE-6	HAM Radio Session
11:10-11:50	FE-6	Camera config for RPM maneuver
11:40-12:20	FE-5	Evening Work Prep
11:50-12:20	<b>FE-1</b> , FE-2, <b>FE-3</b> , FE-6	Evening Work Prep
12:10-12:15	CDR	Elektron-VM Aerosol Filter Inspection
12:20-12:35		Daily Planning Conference (S-band)
12:35-13:05	<b>FE-3</b> , FE-6	Evening Work Prep
12:35-12:40	FE-5	Evening Work Prep
12:35-12:50	CDR, FE-1, FE-2	Evening Work Prep
12:40-12:45	FE-5	D2XS Battery Recharge
12:45-13:05	FE-5	Evening Work Prep
12:50-14:00	CDR, FE-1	Pre-Sleep
12:50-13:05	FE-2	Pre-Sleep
13:05-15:00	FE-5, FE-6	Pre-Sleep
13:05-15:05	FE-3	Pre-Sleep
13:05-13:20	FE-2	Private Medical Conference (Ku + S-band)
13:20-15:05	FE-2	Pre-Sleep
14:00-14:15	CDR, FE-1	БМП Ф1 Absorption Cartridge Regeneration (termination)
14:15-14:55	CDR	Pre-Sleep
14:15-15:05	FE-1	Pre-Sleep
14:55-15:05	CDR	SONOCARD Experiment Start
15:00-15:05	FE-5, FE-6	Reaction Crew Self Test
15:05-23:35		SLEEP

## Notes:

- SM Window #9 shutter opening is at crew discretion w/ Report to MCC
  See OSTP for references to US activities
  Pre-sleep ops: dinner, daily food prep, evening toilet
  End of Radiogram