GMT	CREW	ACTIVITY
06:00-06:10	CDR, FE-2	Morning inspection
06:00-06:20	FE-1	Acoustic dosimeters: destow
06:10-06:20	CDR, FE-2	Post-sleep
06:20-06:25		Acoustic dosimeters: installation
06:25-06:45	CDR, FE-2	Post-sleep
06:25-06:35	FE-1	Morning inspection
06:35-07:05		Post-sleep
06:45-07:35	CDR, FE-2 FE-1	BREAKFAST
07:05-07:55		
07:35-08:05	CDR, FE-2 FE-1	Work prep
07:55-08:05		
08:05-08:20		Daily planning conference (S-band)
08:20-08:40	FE-1	Work prep
08:40-08:55	FE-1	Removal of IWIS accelerometer in NODE1
08:40-11:50	CDR	SM ventilation system preventative maintenance. Group B
08:50-10:20	FE-2	IWIS. Installation of accelerometer in SM for SDTO 13005-U-E. Tagup with specialist (S-band)
08:55-09:10		Grab sample container (GSC) ops
09:20-09:30	1	Daily payload status check
09:45-09:50	FE-1	Glove Box (MSG) - activation
09:50-10:10		SUBSA – placement of specimen 9
10:10-10:30		SUBSA - ops (steps 1-7) 7 <sup>th</sup> run
10:20-11:20	FE-2	Physical exercise (TVIS, day 2)
10:30-12:00	FE-1	Physical exercise (RED)
11:20-11:50		Physical exercise (Active Rest)
11:50-12:50	FE-2	Filter changeout on dust collectors ΠC1 and ΠC2 (horizontal corrugation) in FGB (without deactivation of fans ΠC1 and ΠC2)
11:50-12:50	CDR	Physical exercise (TVIS, day 2)
12:00-12:10		SUBSA - ops (step 8) with crew participation
12:10-12:30	FE-1	SSAS ops
12:30-12:50		FMK activation ops
12:50-13:20		9A items prepack and transfer tagup (S-band)
13:20-14:20		LUNCH
14:20-14:30	FE-1	Setup for PAO event
14:30-14:40		Prep for PAO event
14:40-15:00		PAO event: Greetings to International Space Conference in Houston (Ku+S-band).
15:00-16:00	CDR, FE-2	Dust filters ΠΦ1-4 changeout (17КС53Ю 5003A-0 (vertical corrugation) in SM
15:00-15:15	FE-1	Food questionnaire
15:15-15:30		Private medical conference (S-band)
15:40-15:50		SUBSA – VCR reconfiguration by crew

15:50-17:20		Periodic physical fitness assessment – NOMINAL OPS
16:00-16:20	FE-2	On MCC Go ISS Repress with O2 Progress СРПК
16:15-16:45	CDR	Periodic physical fitness assessment - NOMINAL OPS
16:20-17:20	FE-2	Physical exercise (VELO + Load Trainer, day 2)
16:45-17:45	CDR	Physical exercise (TVIS, day 2)
17:20-18:00	FE-2	IMS file prep
17:30-17:35	FE-1	120 V battery charge
17:35-18:15		СОЖ maintenance
17:45-18:15	CDR	Physical exercise (Active Rest)
18:00-18:15	FE-2	Private medical conference (S-band)
18:15-18:45	FE-1, FE-2	Daily plan review
18:15-18:30	CDR	Private medical conference (S-band)
18:30-18:45		Daily plan review
18:45-19:00		Daily planning conference (S-band)
19:00-19:30		Report prep
19:30-20:00		DINNER
20:00-20:30		Daily food prep
20:30-21:20		Pre-sleep
21:20-21:30		Acoustic dosimeters: data recording ops
21:30-06:00		SLEEP

Note: See OSTP for references to US activities.

End of radiogram