

GMT	CREW	ACTIVITY
06:00-06:10	.	Morning inspection
06:10-06:40		Post-sleep
06:40-07:30		BREAKFAST
08:30-09:30	FE-1	Physical exercise (TVIS)
09:30-11:00	CDR	Physical exercise (TVIS), day -2
09:30-11:00	FE-1	Physical Exercise (RED)
11:00-11:05	CDR	<b>On MCC GO</b> ISS repress with O2 from Progress 354 CpПК (start)
11:05-12:05	.	LUNCH
12:05-12:10	CDR	ISS O2 repress from Progress 354 CpПК (terminate)
12:10-12:30		Private family conference ( <i>S + Ku-band</i> )
12:35-13:05		COX maintenance
12:45-13:00	FE-1	MISSE5 transmitter powerdown
13:05-13:15	CDR	Transfer of Luch-2 kit (GLYCOPROTEID, MIMETIK-K, VACCINE-K) to SM.
13:15-13:25		CRYSTALIZER. Equipment transfer to SM
13:25-13:35		Cryogem-03M Hardware activation in the thermostatic mode set to + 37 degrees
13:30-13:45	FE-1	Formaldehyde Monitoring Kit (FMK) stow ops
13:45-14:15	.	Daily plan review
14:15-14:35		Report prep
14:35-14:50		Daily planning conference ( <i>S-band</i> )
14:50-15:00		Report prep
15:00-15:30		DINNER
15:30-16:00		Daily food prep
16:00-17:00		Pre-sleep
17:00-01:30		SLEEP
Task list	CDR	PLANTS-2. Payload status check

**Note: See OSTP for references to US activities.**

End of radiogram