PREPARATION FOR EVA

GMT	CREW	ACTIVITY
06:00-06:10	CDR,FE-5	Morning Inspection
06:00-06:05	FE-1	Elektron-VM Aerosol Filter Inspection
06:00-06:10	FE-4	Morning Inspection Inspection of CM-Y connector on MHP-HC pump behind ACY panel 139. Inspection of Circuit Breakers [A3C] on DC Power Switch Panel (БВП) and Fuses in DC1 Fuse Boxes БПП-30, БПП-36
06:00-06:05	FE-6	Urine pH Test
06:05-06:15	FE-1	Morning Inspection
06:05-06:25	FE-6	Nutrition and Repository Urine Collection
06:10-06:40	CDR, FE-4 ,FE-5	
06:15-06:45	FE-1	Post-sleep
06:25-06:35	FE-6	Nutrition and Repository MELFI Urine Sample First Insertion
06:35-06:45	FE-6	Morning Inspection
06:40-07:30	CDR, FE-4 ,FE-5	BREAKFAST
06:45-07:35	FE-1	
06:45-07:15	FE-6	Post-sleep
07:15-07:50	FE-6	BREAKFAST
07:30-07:50	FE-4	Work Prep
07:30-07:40	CDR	FMK Deployment Ops
07:30-07:45	FE-5	Private Psychological Conference (Ku+S-band)
07:35-07:50	FE-1	Work Prep
07:40-07:50	CDR	EHS Sampling Start
07:45-07:50	FE-5	JEM Airlock Leak Check
07:50-08:15		Daily Planning Conference (S-band)
08:15-10:15	FE-1,FE-4	Reviewing Preliminary EVA-24 Timeline And Procedures. <i>Tagup with specialists (S-band)</i>
08:15-08:45	FE-5	JEMRMS Small Fine Arm. Tagup.
08:15-08:30	FE-6	BREAKFAST
08:15-08:25	CDR	Work Prep
08:25-08:40	CDR	PFS Gas Cylinder swap with Gas Delivery System Tank 2
08:35-09:35	FE-6	Physical Exercise T 2
08:40-09:00	CDR	Grab Sample Container (GSC) Ops
08:50-09:05	FE-5	JEM Airlock Checkout Part1
09:00-09:40	CDR	VO2max Crew Portable Pulmonary Function System Setup
09:15-09:40	FE-5	FOREST Plant Cultivation
09:35-11:05	FE-6	Physical Exercise (ARED)
09:40-11:10	FE-5	JEMRMS SFA Checkout
09:40-09:50	CDR	V02max PPFS Hardware Activation
09:50-11:00	CDR	V02max Equipment Setup
10:15-11:15	FE-1,FE-4	Specific EVA Procedures Review. Tagup with specialists (S-band)
11:00-11:40	CDR	VO2max Data Log

11:10-12:55 FE-5	44.05.44.05	EE 0	To a local TO Month Line and a
11:15-12:45 FE-4	11:05-11:35	FE-6	Treadmill T2 Monthly Inspection
11:15-12:15 FE-1			
11:35-12:00 FE-6			
11:40-11:50 CDR	11:15-12:15	FE-1	
12:00-12:55 FE-6 Crew time for ISS adaptation and orientation	11:35-12:00	FE-6	JEMRMS SAM Attachment
12:15-12:30 FE-1 Verify ИΠ-1 Flow Meter Configuration 12:20-12:25 CDR VOZmax PPFS Data Downlink 12:25-12:35 CDR VOZmax Crew Mixing Bag System Cleaning 12:40-12:45 CDR EHS Sampling Termination 12:45-13:45 FE-1,FE-4 LUNCH 12:45-13:55 CDR Start EMU Metox Regeneration 12:55-13:55 CDR,FE-5,FE-6 LUNCH 13:45-15:15 FE-1,FE-4 LUNCH 13:45-15:15 FE-1,FE-4 LUNCH 13:45-15:15 FE-6 Questionnaire Data Entry 14:00-15:30 FE-6 Questionnaire Data Entry 14:00-15:30 FE-6 Release T2 Jam Nut 14:00-14:30 FE-5 JEM Airlock Capture Mechanism Checkout Part1 14:20-14:35 FE-5 JEM Airlock Checkout Part2 14:20-14:35 CDR ARED Flywheel Cylinder Evacuation 14:35-15:25 CDR ARED Flywheel Cylinder Evacuation 14:35-15:25 FE-5 JEMRMS Small Fine Arm (SFA) Foam Consolidation 15:50-15:30 FE-5 JEMRMS Small Fine Arm (SFA) Foam Conso	11:40-11:50	CDR	VO2max Crew Thermolab Conclude
12:20-12:25 CDR VO2max PPFS Data Downlink 12:25-12:35 CDR VO2max Crew Mixing Bag System Cleaning 12:40-12:45 CDR EHS Sampling Termination 12:45-13:45 FE-1,FE-4 LUNCH 12:45-13:55 CDR Start EMU Metox Regeneration 12:55-13:55 CDR,FE-5,FE-6 LUNCH 13:45-15:15 FE-1,FE-4 Locating Russian EVA equipment and tools. Tagup with specialists (S-band) 13:55-14:00 FE-6 Questionnaire Data Entry 14:00-15:30 FE-6 Release T2 Jam Nut 14:00-14:10 CDR VO2max Crew Portable Pulmonary Function System Conclude 14:05-14:20 FE-5 JEM Airlock Capture Mechanism Checkout Part1 14:20-14:35 FE-5 JEM Airlock Checkout Part2 14:20-14:35 FE-5 JEM Airlock Checkout Part2 14:20-14:35 FE-5 JEMRS Small Fine Arm (SFA) Foam Consolidation 15:50-15:30 FE-5 JEMRMS Small Fine Arm (SFA) Foam Consolidation 15:50-16:30 FE-5 Crew time for ISS adaptation and orientation 15:50-16:45 FE-1 COM Maintenance	12:00-12:55	FE-6	Crew time for ISS adaptation and orientation
12:25-12:35 CDR VO2max Crew Mixing Bag System Cleaning 12:40-12:45 CDR EHS Sampling Termination 12:45-13:45 FE-1,FE-4 LUNCH 12:55-13:55 CDR Start EMU Metox Regeneration 12:55-13:55 CDR,FE-5,FE-6 LUNCH 13:45-15:15 FE-1,FE-4 Locating Russian EVA equipment and tools. Tagup with specialists (S-band) 13:55-14:00 FE-6 Questionnaire Data Entry 14:00-15:30 FE-6 Release T2 Jam Nut 14:00-14:10 CDR VO2max Crew Portable Pulmonary Function System Conclude 14:00-14:35 FE-5 JEM Airlock Capture Mechanism Checkout Part1 14:20-14:35 FE-5 JEM Airlock Checkout Part2 14:20-14:35 CDR ARED Flywheel Cylinder Evacuation 14:35-15:25 CDR Inspection of Portable Breathing Apparatus (PBA) and Portable Fire Extinguisher (PFE) 14:35-15:30 FE-5 JEMRMS Small Fine Arm (SFA) Foam Consolidation 15:50-15:45 FE-1, FE-4 Assists 15:30-15:50 CDR,FE-5,FE-6 VIP TV Conference 15:45-16:45 FE-1 COW Main	12:15-12:30	FE-1	Verify ИП-1 Flow Meter Configuration
12:40-12:45 CDR	12:20-12:25	CDR	VO2max PPFS Data Downlink
12:45-13:45 FE-1,FE-4 LUNCH 12:45-12:55 CDR Start EMU Metox Regeneration 12:55-13:55 CDR, FE-5,FE-6 LUNCH 13:45-15:15 FE-1,FE-4 Locating Russian EVA equipment and tools. Tagup with specialists (S-band) 13:55-14:00 FE-6 Questionnaire Data Entry 14:00-15:30 FE-6 Release T2 Jam Nut 14:00-14:10 CDR VO2max Crew Portable Pulmonary Function System Conclude 14:05-14:20 FE-5 JEM Airlock Capture Mechanism Checkout Part1 14:20-14:35 FE-5 JEM Airlock Checkout Part2 14:20-14:35 CDR ARED Flywheel Cylinder Evacuation 14:35-15:25 CDR ARED Flywheel Cylinder Evacuation 14:35-15:25 CDR Inspection of Portable Breathing Apparatus (PBA) and Portable Fire Extinguisher (PFE) 14:35-15:25 FE-5 JEMRMS Small Fine Arm (SFA) Foam Consolidation 15:10-15:10 FE-5 JEMRMS Small Fine Arm (SFA) Foam Consolidation 15:15-15:45 FE-1 FE-4 Crew time for ISS adaptation and orientation 15:40-16:25 FE-1 COW Maintenance FE-4	12:25-12:35	CDR	VO2max Crew Mixing Bag System Cleaning
12:45-12:55 CDR Start EMU Metox Regeneration 12:55-13:55 CDR,FE-5,FE-6 LUNCH 13:45-15:15 FE-1,FE-4 Locating Russian EVA equipment and tools. Tagup with specialists (S-band) 13:55-14:00 FE-6 Questionnaire Data Entry 14:00-15:30 FE-6 Release T2 Jam Nut 14:00-14:10 CDR VO2max Crew Portable Pulmonary Function System Conclude 14:05-14:20 FE-5 JEM Airlock Capture Mechanism Checkout Part1 14:20-14:35 FE-5 JEM Airlock Checkout Part2 14:20-14:35 CDR ARED Flywheel Cylinder Evacuation 14:35-15:25 CDR Inspection of Portable Breathing Apparatus (PBA) and Portable Fire Extinguisher (PFE) 14:35-15:05 FE-5 JEMRMS Small Fine Arm (SFA) Foam Consolidation 15:05-15:30 FE-5 JEMRMS Small Fine Arm (SFA) Foam Consolidation 15:15-15:45 FE-1 Sadaptation and orientation 15:30-16:50 CDR,FE-5,FE-6 VIP TV Conference 15:45-16:25 FE-1 COW Maintenance 15:45-16:25 FE-4 Crew time for ISS adaptation and orientation 15:50-16:5	12:40-12:45	CDR	EHS Sampling Termination
12:55-13:55 CDR,FE-5,FE-6 LUNCH 13:45-15:15 FE-1,FE-4 Locating Russian EVA equipment and tools. Tagup with specialists (S-band) 13:55-14:00 FE-6 Questionnaire Data Entry 14:00-15:30 FE-6 Release T2 Jam Nut 14:00-14:10 CDR VO2max Crew Portable Pulmonary Function System Conclude 14:05-14:20 FE-5 JEM Airlock Capture Mechanism Checkout Part1 14:20-14:35 FE-5 JEM Airlock Checkout Part2 14:20-14:35 CDR ARED Flywheel Cylinder Evacuation Inspection of Portable Breathing Apparatus (PBA) and Portable Fire Extinguisher (PFE) 14:35-15:25 CDR Inspection of Portable Breathing Apparatus (PBA) and Portable Fire Extinguisher (PFE) 14:35-15:05 FE-5 JEMRMS Small Fine Arm (SFA) Foam Consolidation 15:15-15:45 FE-1 Cow time for ISS adaptation and orientation 15:30-15:30 CDR, FE-5, FE-6 VIP TV Conference 15:45-16:25 FE-1 COW Maintenance 15:45-16:25 FE-4 Crew time for ISS adaptation and orientation 15:50-16:10 FE-6 Nutrition and Repository Urine Sample Collection 15:50-16:50 CDR JEMRMS SFA Checkout 16:00-17:30 FE-5 Physical Exercise (ARED) 16:10-16:15 FE-6 WHC Tank R&R 16:50-17:20 FE-4 FE-1 assists MO-6. Hand Ergometry. To=16:56. Tagup with specialists (VHF) 16:50-16:55 CDR VO2max PPFS Stowage 17:20-18:50 FE-1 Physical Exercise (VELO), Day 3 17:20-18:50 FE-1 Physical Exercise (TVIS), Day 2 17:30-17:45 FE-6 CIR MWA Work Area Setup	12:45-13:45	FE-1,FE-4	LUNCH
13:45-15:15	12:45-12:55	CDR	Start EMU Metox Regeneration
13:45-15:15	12:55-13:55	CDR,FE-5,FE-6	LUNCH
14:00-15:30 FE-6 Release T2 Jam Nut 14:00-14:10 CDR VO2max Crew Portable Pulmonary Function System Conclude 14:05-14:20 FE-5 JEM Airlock Capture Mechanism Checkout Part1 14:20-14:35 FE-5 JEM Airlock Checkout Part2 14:20-14:35 CDR ARED Flywheel Cylinder Evacuation 14:35-15:25 CDR Inspection of Portable Breathing Apparatus (PBA) and Portable Fire Extinguisher (PFE) 14:35-15:05 FE-5 JEMRMS Small Fine Arm (SFA) Foam Consolidation 15:05-15:30 FE-5 JEMRMS Small Fine Arm (SFA) Foam Consolidation 15:15-15:45 FE-1 Crew time for ISS adaptation and orientation 15:15-15:45 FE-1, FE-4 assists MO-6. Hand Ergometry. To=15:21. Tagup with specialists (VHF) 15:30-15:50 CDR, FE-5, FE-6 VIP TV Conference 15:45-16:25 FE-1 COXK Maintenance 15:45-16:45 FE-4 Crew time for ISS adaptation and orientation 15:50-16:10 FE-6 Nutrition and Repository Urine Sample Collection 15:50-16:50 CDR JEMRMS SFA Checkout 16:00-17:30 FE-6 Nutrition and Repository Urine	13:45-15:15	FE-1,FE-4	
14:00-14:10 CDR VO2max Crew Portable Pulmonary Function System Conclude 14:05-14:20 FE-5 JEM Airlock Capture Mechanism Checkout Part1 14:20-14:35 FE-5 JEM Airlock Checkout Part2 14:20-14:35 CDR ARED Flywheel Cylinder Evacuation 14:35-15:25 CDR Inspection of Portable Breathing Apparatus (PBA) and Portable Fire Extinguisher (PFE) 14:35-15:05 FE-5 JEMRMS Small Fine Arm (SFA) Foam Consolidation 15:05-15:30 FE-5 JEMRMS Small Fine Arm (SFA) Foam Consolidation 15:15-15:45 FE-5 JEMRMS Small Fine Arm (SFA) Foam Consolidation 15:15-15:45 FE-5 JEMRMS Small Fine Arm (SFA) Foam Consolidation 15:15-15:45 FE-5 JEMRMS Small Fine Arm (SFA) Foam Consolidation 15:15-15:45 FE-1 Crew time for ISS adaptation and orientation 15:30-15:50 CDR,FE-5,FE-6 VIP TV Conference 15:45-16:45 FE-4 Crew time for ISS adaptation and orientation 15:50-16:10 FE-6 Nutrition and Repository Urine Sample Collection 15:50-16:50 CDR JEMRMS SFA Checkout 16:10-16:15 FE-6 Nu	13:55-14:00	FE-6	Questionnaire Data Entry
14:05-14:20 FE-5 JEM Airlock Capture Mechanism Checkout Part1 14:20-14:35 FE-5 JEM Airlock Checkout Part2 14:20-14:35 CDR ARED Flywheel Cylinder Evacuation 14:35-15:25 CDR Inspection of Portable Breathing Apparatus (PBA) and Portable Fire Extinguisher (PFE) 14:35-15:05 FE-5 JEMRMS Small Fine Arm (SFA) Foam Consolidation 15:05-15:30 FE-5 JEMRMS Small Fine Arm (SFA) Foam Consolidation 15:05-15:40 FE-1 Crew time for ISS adaptation and orientation 15:15-15:45 FE-4 Assists MO-6. Hand Ergometry. To=15:21. Tagup with specialists (VHF) 15:30-15:50 CDR, FE-5, FE-6 VIP TV Conference 15:45-16:25 FE-1 COЖ Maintenance 15:45-16:45 FE-4 Crew time for ISS adaptation and orientation 15:50-16:10 FE-6 Nutrition and Repository Urine Sample Collection 15:50-16:50 CDR JEMRMS SFA Checkout 16:00-17:30 FE-5 Physical Exercise (ARED) 16:15-17:30 FE-6 Nutrition and Repository Urine Sample MELFI Insertion 16:50-16:50 FE-4	14:00-15:30	FE-6	Release T2 Jam Nut
14:20-14:35 FE-5 JEM Airlock Checkout Part2 14:20-14:35 CDR ARED Flywheel Cylinder Evacuation 14:35-15:25 CDR Inspection of Portable Breathing Apparatus (PBA) and Portable Fire Extinguisher (PFE) 14:35-15:05 FE-5 JEMRMS Small Fine Arm (SFA) Foam Consolidation 15:05-15:30 FE-5 Crew time for ISS adaptation and orientation 15:15-15:45 FE-1, FE-4, FE-4 assists MO-6. Hand Ergometry. To=15:21. Tagup with specialists (VHF) 15:30-15:50 CDR, FE-5, FE-6 VIP TV Conference 15:45-16:25 FE-1 COW Maintenance 15:45-16:45 FE-4 Crew time for ISS adaptation and orientation 15:50-16:10 FE-6 Nutrition and Repository Urine Sample Collection 15:50-16:50 CDR JEMRMS SFA Checkout 16:00-17:30 FE-5 Physical Exercise (ARED) 16:15-17:30 FE-6 Nutrition and Repository Urine Sample MELFI Insertion 16:50-16:50 FE-6 WHC Tank R&R 16:50-16:55 CDR VO2max PPFS Stowage 17:20-18:20 FE-4 Physical Exercise (VELO), Day 3 17:20-18:50<	14:00-14:10	CDR	VO2max Crew Portable Pulmonary Function System Conclude
14:20-14:35 CDR ARED Flywheel Cylinder Evacuation 14:35-15:25 CDR Inspection of Portable Breathing Apparatus (PBA) and Portable Fire Extinguisher (PFE) 14:35-15:05 FE-5 JEMRMS Small Fine Arm (SFA) Foam Consolidation 15:05-15:30 FE-5 Crew time for ISS adaptation and orientation 15:15-15:45 FE-1, FE-4- assists MO-6. Hand Ergometry. To=15:21. Tagup with specialists (VHF) 15:30-15:50 CDR,FE-5,FE-6 VIP TV Conference 15:45-16:25 FE-1 COW Maintenance 15:45-16:45 FE-4 Crew time for ISS adaptation and orientation 15:50-16:10 FE-6 Nutrition and Repository Urine Sample Collection 15:50-16:10 FE-6 Nutrition and Repository Urine Sample MELFI Insertion 16:10-16:15 FE-6 Nutrition and Repository Urine Sample MELFI Insertion 16:15-17:30 FE-6 WHC Tank R&R 16:50-17:20 FE-4, FE-1- assists MO-6. Hand Ergometry. To=16:56. Tagup with specialists (VHF) 16:50-16:55 CDR VO2max PPFS Stowage 17:20-18:20 FE-4 Physical Exercise (VELO), Day 3 17:20-18:50 FE-1	14:05-14:20	FE-5	JEM Airlock Capture Mechanism Checkout Part1
14:35-15:25 CDR Inspection of Portable Breathing Apparatus (PBA) and Portable Fire Extinguisher (PFE) 14:35-15:05 FE-5 JEMRMS Small Fine Arm (SFA) Foam Consolidation 15:05-15:30 FE-5 Crew time for ISS adaptation and orientation 15:15-15:45 FE-1, FE-4- assists MO-6. Hand Ergometry. To=15:21. Tagup with specialists (VHF) 15:30-15:50 CDR,FE-5,FE-6 VIP TV Conference 15:45-16:25 FE-1 COЖ Maintenance 15:45-16:45 FE-4 Crew time for ISS adaptation and orientation 15:50-16:10 FE-6 Nutrition and Repository Urine Sample Collection 15:50-16:50 CDR JEMRMS SFA Checkout 16:00-17:30 FE-5 Physical Exercise (ARED) 16:10-16:15 FE-6 Nutrition and Repository Urine Sample MELFI Insertion 16:50-17:20 FE-4, FE-1- assists MO-6. Hand Ergometry. To=16:56. Tagup with specialists (VHF) 16:50-16:55 CDR VO2max PPFS Stowage 17:20-18:20 FE-4 Physical Exercise (VELO), Day 3 17:20-18:50 FE-1 Physical Exercise (VELO), Day 2 17:30-17:45 FE-6 CIR MWA Work Area Se	14:20-14:35	FE-5	JEM Airlock Checkout Part2
Extinguisher (PFE) 14:35-15:05 FE-5 JEMRMS Small Fine Arm (SFA) Foam Consolidation 15:05-15:30 FE-5 Crew time for ISS adaptation and orientation 15:15-15:45 FE-1, FE-4- assists MO-6. Hand Ergometry. To=15:21. Tagup with specialists (VHF) 15:30-15:50 CDR,FE-5,FE-6 VIP TV Conference 15:45-16:25 FE-1 COW Maintenance 15:45-16:45 FE-4 Crew time for ISS adaptation and orientation 15:50-16:10 FE-6 Nutrition and Repository Urine Sample Collection 15:50-16:50 CDR JEMRMS SFA Checkout 16:00-17:30 FE-5 Physical Exercise (ARED) 16:10-16:15 FE-6 Nutrition and Repository Urine Sample MELFI Insertion 16:51-17:30 FE-6 WHC Tank R&R 16:50-17:20 FE-4, FE-1- assists MO-6. Hand Ergometry. To=16:56. Tagup with specialists (VHF) 16:50-16:55 CDR VO2max PPFS Stowage 17:20-17:30 CDR T2 Monthly Inspection 17:20-18:20 FE-4 Physical Exercise (VELO), Day 3 17:20-18:50 FE-1 Physical Exercise (TVIS), Day 2 17:30-17:45 FE-6 CIR MWA Work Area Setup	14:20-14:35	CDR	ARED Flywheel Cylinder Evacuation
15:05-15:30 FE-5 Crew time for ISS adaptation and orientation 15:15-15:45 FE-1, FE-4- assists MO-6. Hand Ergometry. To=15:21. Tagup with specialists (VHF) 15:30-15:50 CDR,FE-5,FE-6 VIP TV Conference 15:45-16:25 FE-1 COЖ Maintenance 15:45-16:45 FE-4 Crew time for ISS adaptation and orientation 15:50-16:10 FE-6 Nutrition and Repository Urine Sample Collection 15:50-16:50 CDR JEMRMS SFA Checkout 16:00-17:30 FE-5 Physical Exercise (ARED) 16:10-16:15 FE-6 Nutrition and Repository Urine Sample MELFI Insertion 16:51-17:30 FE-6 WHC Tank R&R 16:50-17:20 FE-4, FE-1- assists MO-6. Hand Ergometry. To=16:56. Tagup with specialists (VHF) 16:50-16:55 CDR VO2max PPFS Stowage 17:20-17:30 CDR T2 Monthly Inspection 17:20-18:20 FE-4 Physical Exercise (VELO), Day 3 17:20-18:50 FE-1 Physical Exercise (TVIS), Day 2 17:30-17:45 FE-6 CIR MWA Work Area Setup	14:35-15:25	CDR	
15:15-15:45 FE-1, FE-4- assists MO-6. Hand Ergometry. To=15:21. Tagup with specialists (VHF) 15:30-15:50 CDR,FE-5,FE-6 VIP TV Conference 15:45-16:25 FE-1 COЖ Maintenance 15:45-16:45 FE-4 Crew time for ISS adaptation and orientation 15:50-16:10 FE-6 Nutrition and Repository Urine Sample Collection 15:50-16:50 CDR JEMRMS SFA Checkout 16:00-17:30 FE-5 Physical Exercise (ARED) 16:10-16:15 FE-6 Nutrition and Repository Urine Sample MELFI Insertion 16:51-17:30 FE-6 WHC Tank R&R 16:50-17:20 FE-4, FE-1- assists MO-6. Hand Ergometry. To=16:56. Tagup with specialists (VHF) 16:50-16:55 CDR VO2max PPFS Stowage 17:20-17:30 CDR T2 Monthly Inspection 17:20-18:20 FE-4 Physical Exercise (VELO), Day 3 17:20-18:50 FE-1 Physical Exercise (TVIS), Day 2 17:30-19:00 CDR Physical Exercise (ARED) 17:30-17:45 FE-6 CIR MWA Work Area Setup	14:35-15:05	FE-5	JEMRMS Small Fine Arm (SFA) Foam Consolidation
15:15-15:45	15:05-15:30	FE-5	Crew time for ISS adaptation and orientation
15:45-16:25 FE-1 COЖ Maintenance 15:45-16:45 FE-4 Crew time for ISS adaptation and orientation 15:50-16:10 FE-6 Nutrition and Repository Urine Sample Collection 15:50-16:50 CDR JEMRMS SFA Checkout 16:00-17:30 FE-5 Physical Exercise (ARED) 16:10-16:15 FE-6 Nutrition and Repository Urine Sample MELFI Insertion 16:15-17:30 FE-6 WHC Tank R&R 16:50-17:20 FE-4, FE-1- assists MO-6. Hand Ergometry. To=16:56. Tagup with specialists (VHF) 16:50-16:55 CDR VO2max PPFS Stowage 17:20-17:30 CDR T2 Monthly Inspection 17:20-18:20 FE-4 Physical Exercise (VELO), Day 3 17:20-18:50 FE-1 Physical Exercise (TVIS), Day 2 17:30-17:45 FE-6 CIR MWA Work Area Setup	15:15-15:45		MO-6. Hand Ergometry. To=15:21 . Tagup with specialists (VHF)
15:45-16:45 FE-4 Crew time for ISS adaptation and orientation 15:50-16:10 FE-6 Nutrition and Repository Urine Sample Collection 15:50-16:50 CDR JEMRMS SFA Checkout 16:00-17:30 FE-5 Physical Exercise (ARED) 16:10-16:15 FE-6 Nutrition and Repository Urine Sample MELFI Insertion 16:15-17:30 FE-6 WHC Tank R&R 16:50-17:20 FE-4, FE-1- assists MO-6. Hand Ergometry. To=16:56. Tagup with specialists (VHF) 16:50-16:55 CDR VO2max PPFS Stowage 17:20-17:30 CDR T2 Monthly Inspection 17:20-18:20 FE-4 Physical Exercise (VELO), Day 3 17:20-18:50 FE-1 Physical Exercise (TVIS), Day 2 17:30-19:00 CDR Physical Exercise (ARED) 17:30-17:45 FE-6 CIR MWA Work Area Setup	15:30-15:50	CDR,FE-5,FE-6	VIP TV Conference
15:50-16:10 FE-6 Nutrition and Repository Urine Sample Collection 15:50-16:50 CDR JEMRMS SFA Checkout 16:00-17:30 FE-5 Physical Exercise (ARED) 16:10-16:15 FE-6 Nutrition and Repository Urine Sample MELFI Insertion 16:15-17:30 FE-6 WHC Tank R&R 16:50-17:20 FE-4, FE-1- assists MO-6. Hand Ergometry. To=16:56. Tagup with specialists (VHF) 16:50-16:55 CDR VO2max PPFS Stowage 17:20-17:30 CDR T2 Monthly Inspection 17:20-18:20 FE-4 Physical Exercise (VELO), Day 3 17:20-18:50 FE-1 Physical Exercise (TVIS), Day 2 17:30-19:00 CDR Physical Exercise (ARED) 17:30-17:45 FE-6 CIR MWA Work Area Setup	15:45-16:25	FE-1	СОЖ Maintenance
15:50-16:10 FE-6 Nutrition and Repository Urine Sample Collection 15:50-16:50 CDR JEMRMS SFA Checkout 16:00-17:30 FE-5 Physical Exercise (ARED) 16:10-16:15 FE-6 Nutrition and Repository Urine Sample MELFI Insertion 16:15-17:30 FE-6 WHC Tank R&R 16:50-17:20 FE-4, FE-1- assists MO-6. Hand Ergometry. To=16:56. Tagup with specialists (VHF) 16:50-16:55 CDR VO2max PPFS Stowage 17:20-17:30 CDR T2 Monthly Inspection 17:20-18:20 FE-4 Physical Exercise (VELO), Day 3 17:20-18:50 FE-1 Physical Exercise (TVIS), Day 2 17:30-19:00 CDR Physical Exercise (ARED) 17:30-17:45 FE-6 CIR MWA Work Area Setup	15:45-16:45	FE-4	Crew time for ISS adaptation and orientation
16:00-17:30 FE-5 Physical Exercise (ARED) 16:10-16:15 FE-6 Nutrition and Repository Urine Sample MELFI Insertion 16:15-17:30 FE-6 WHC Tank R&R 16:50-17:20 FE-4, FE-1- assists MO-6. Hand Ergometry. To=16:56. Tagup with specialists (VHF) 16:50-16:55 CDR VO2max PPFS Stowage 17:20-17:30 CDR T2 Monthly Inspection 17:20-18:20 FE-4 Physical Exercise (VELO), Day 3 17:20-18:50 FE-1 Physical Exercise (TVIS), Day 2 17:30-19:00 CDR Physical Exercise (ARED) 17:30-17:45 FE-6 CIR MWA Work Area Setup	15:50-16:10	FE-6	Nutrition and Repository Urine Sample Collection
16:10-16:15 FE-6 Nutrition and Repository Urine Sample MELFI Insertion 16:15-17:30 FE-6 WHC Tank R&R 16:50-17:20 FE-4, FE-1- assists MO-6. Hand Ergometry. To=16:56. Tagup with specialists (VHF) 16:50-16:55 CDR VO2max PPFS Stowage 17:20-17:30 CDR T2 Monthly Inspection 17:20-18:20 FE-4 Physical Exercise (VELO), Day 3 17:20-18:50 FE-1 Physical Exercise (TVIS), Day 2 17:30-19:00 CDR Physical Exercise (ARED) 17:30-17:45 FE-6 CIR MWA Work Area Setup	15:50-16:50	CDR	JEMRMS SFA Checkout
16:10-16:15 FE-6 Nutrition and Repository Urine Sample MELFI Insertion 16:15-17:30 FE-6 WHC Tank R&R 16:50-17:20 FE-4, FE-1- assists MO-6. Hand Ergometry. To=16:56. Tagup with specialists (VHF) 16:50-16:55 CDR VO2max PPFS Stowage 17:20-17:30 CDR T2 Monthly Inspection 17:20-18:20 FE-4 Physical Exercise (VELO), Day 3 17:20-18:50 FE-1 Physical Exercise (TVIS), Day 2 17:30-19:00 CDR Physical Exercise (ARED) 17:30-17:45 FE-6 CIR MWA Work Area Setup	16:00-17:30	FE-5	Physical Exercise (ARED)
16:15-17:30 FE-6 WHC Tank R&R 16:50-17:20 FE-4, FE-1- assists MO-6. Hand Ergometry. To=16:56. Tagup with specialists (VHF) 16:50-16:55 CDR VO2max PPFS Stowage 17:20-17:30 CDR T2 Monthly Inspection 17:20-18:20 FE-4 Physical Exercise (VELO), Day 3 17:20-18:50 FE-1 Physical Exercise (TVIS), Day 2 17:30-19:00 CDR Physical Exercise (ARED) 17:30-17:45 FE-6 CIR MWA Work Area Setup	16:10-16:15	FE-6	
16:50-17:20 FE-4, FE-1- assists MO-6. Hand Ergometry. To=16:56. Tagup with specialists (VHF) 16:50-16:55 CDR VO2max PPFS Stowage 17:20-17:30 CDR T2 Monthly Inspection 17:20-18:20 FE-4 Physical Exercise (VELO), Day 3 17:20-18:50 FE-1 Physical Exercise (TVIS), Day 2 17:30-19:00 CDR Physical Exercise (ARED) 17:30-17:45 FE-6 CIR MWA Work Area Setup		FE-6	
17:20-17:30 CDR T2 Monthly Inspection 17:20-18:20 FE-4 Physical Exercise (VELO), Day 3 17:20-18:50 FE-1 Physical Exercise (TVIS), Day 2 17:30-19:00 CDR Physical Exercise (ARED) 17:30-17:45 FE-6 CIR MWA Work Area Setup		FE-4,	
17:20-17:30 CDR T2 Monthly Inspection 17:20-18:20 FE-4 Physical Exercise (VELO), Day 3 17:20-18:50 FE-1 Physical Exercise (TVIS), Day 2 17:30-19:00 CDR Physical Exercise (ARED) 17:30-17:45 FE-6 CIR MWA Work Area Setup	16:50-16:55	CDR	VO2max PPFS Stowage
17:20-18:50 FE-1 Physical Exercise (TVIS), Day 2 17:30-19:00 CDR Physical Exercise (ARED) 17:30-17:45 FE-6 CIR MWA Work Area Setup	17:20-17:30	CDR	T2 Monthly Inspection
17:20-18:50 FE-1 Physical Exercise (TVIS), Day 2 17:30-19:00 CDR Physical Exercise (ARED) 17:30-17:45 FE-6 CIR MWA Work Area Setup	17:20-18:20	FE-4	Physical Exercise (VELO), Day 3
17:30-19:00 CDR Physical Exercise (ARED) 17:30-17:45 FE-6 CIR MWA Work Area Setup	17:20-18:50	FE-1	
17:30-17:45 FE-6 CIR MWA Work Area Setup	17:30-19:00	CDR	Physical Exercise (ARED)
·	17:30-17:45	FE-6	CIR MWA Work Area Setup
n v transport of the contract	17:35-18:35	FE-5	Physical Exercise T2

17:50-18:00	FE-6	Nutrition and Repository Crew Blood Collection Hardware Setup
18:00-18:20	FE-6	Nutrition and Repository Urine Collection
18:20-18:25	FE-6	Nutrition and Repository Urine Sample MELFI Insertion
18:20-19:05	FE-4	Europin a Weste Pass
18:25-19:05	FE-6	Evening Work Prep
18:35-19:05	FE-5	Crew time for ISS adaptation and orientation
19:00-19:05	FE-1	Elektron-VM Aerosol Filter Inspection
19:00-19:05	CDR	Transfer TVIS, CEVIS, and HRM data to MEC
19:05-19:30		Daily Planning Conference (S-band)
19:30-19:35	CDR	MPC Power Up
19:30-21:30	FE-1,FE-4, FE-5,FE-6	Pre-sleep
19:35-21:25	CDR	
21:25-21:30	CDR	MPC Power Down
21:30-06:00		SLEEP
Task List	FE-1	PLANTS-2. Payload Status Check
I dok LIST	FE-4	IMS Update

Notes:

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