

GMT	CREW	ACTIVITY
06:00-06:10		Morning inspection
06:10-06:40		Post-sleep
06:40-07:30		BREAKFAST
07:30-07:45		Work prep
07:45-08:00		Daily planning conference (<i>S-band</i>)
08:00-08:15		Work prep
08:15-08:25		NOA (ESANO1). Hardware setup and activation
08:25-08:40	FE-1	IMS tagup (<i>S-band</i>)
08:40-08:55		Taking readings from AOK ГАНК-4М gas analyzer
08:50-08:55	CDR	BCAT-3: camera checkout
08:55-09:20	FE-1	NOA (ESANO1). Measurement and close out ops
09:00-09:05		Carbon dioxide monitoring
09:05-09:20	CDR	Food questionnaire
09:20-09:50	CDR FE-1 (assists)	Hand ergometry To=09:31 . <i>Tagup with specialists (VHF)</i>
09:50-10:30	FE-1	Electron activation. <i>Tagup with specialists (S-band)</i>
09:55-10:55	CDR	Physical exercise (CEVIS)
10:30-10:55	FE-1	COЖ maintenance
10:55-11:25	FE-1 CDR (assists)	Hand ergometry To=11:06 . <i>Tagup with specialists (VHF)</i>
11:25-12:55	CDR	Physical Exercise (RED)
11:30-13:00	FE-1	Physical Exercise (TVIS) Day 3
13:00-13:05	CDR	On MCC GO ISS repress with O2 from Progress 354 CpПК (start)
13:05-14:05		LUNCH
14:05-14:10		ISS O2 repress from Progress 354 CpПК (terminate)
14:10-14:20	CDR	Terminate BSA battery charge
14:10-14:20	FE-1	Terminate charging the second Battery Pack 825M3 and start charging the third 825M3 battery pack
14:20-16:20		ПxO and DC1 prep for EVA and IMS ops. <i>Tagup with specialists (as necessary)</i>
16:20-18:20	CDR	EVA tool config
16:20-17:40	FE-1	Transfer of 825M3 battery packs (3 ea.) before EVA from Progress 355 with IMS support. Transfer of kit with БСC (Orlan interface unit) hose bundle.
17:40-18:40		Physical Exercise (VELO+RED) - 3
18:20-18:40		IMS update
18:40-18:45	CDR	Transferring TVIS, RED, and HRM data to MEC
18:45-18:55		PromISS – tape 9 changeout
19:05-19:20		Daily planning conference (<i>S-band</i>)
19:30-19:45		FD / ISS crew conference (<i>S-band</i>)
19:45-20:15		DINNER
20:15-20:30		Daily food prep
20:30-21:30		Pre-sleep

21:30-09:00		SLEEP
Task List	FE-1	Payload Server [БСПН] system data and log file data dump via ISS Wiener
		GCF-JAXA. ТБУ incubator temperature check
		PLANTS-2. Payload status check

Note: See OSTP for references to US activities.
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