

GMT	CREW	ACTIVITY
06:00-06:10	CDR, FE-3, FE-4, FE-5	Morning inspection
06:00-06:05	FE-1, FE-2	SLEEP data logging
06:05-06:10	FE-1, FE-2	Morning inspection
06:10-06:40	CDR, FE-1, FE-3, FE-4	Post-sleep
06:10-06:45	FE-2	
06:10-06:50	FE-5	
06:40-07:30	CDR, FE-1, FE-3, FE-4	BREAKFAST
06:45-07:00	FE-2	Private family conference (<i>Ku+S-band</i>)
06:50-06:55	FE-5	HAM radio equipment prep
06:55-07:05	FE-5	HAM radio comm. Session
07:00-07:30	FE-2	BREAKFAST
07:05-07:45	FE-5	BREAKFAST
07:30-07:50	FE-2	Crew preference activity (<i>Ku+S-band</i>)
07:50-08:00	FE-2	BREAKFAST
08:00-09:30	FE-5	Physical Exercise (ARED)
08:15-08:25	FE-3	Checking for coolant leak on the КОБ2 4ГБ4 half-coupling shell
08:30-09:30	FE-4	Physical Exercise (CEVIS)
09:00-09:20	FE-2	Crew preference activity (<i>Ku+S-band</i>)
09:30-10:30	FE-5	Physical Exercise (CEVIS)
09:30-09:45	CDR, FE-3	Telephone conference with the editor of <i>Rossiyskiy Kosmos</i> (Russian Space) magazine (<i>S-band</i>)
09:35-10:50	FE-2	Physical Exercise (ARED)
10:00-10:30	FE-1	BIORHYTHM: data downlink
10:30-11:30	FE-1	Physical Exercise (CEVIS)
10:40-11:40	FE-3	Physical Exercise (ARED), day 2
10:50-12:05	FE-2	Physical Exercise (TVIS)
10:50-11:00	CDR	Complete discharge of 1 st 825M3 unit of Orlan and start 2 nd unit No. 1268990195 (b/c 00044937) discharge
11:30-12:30	CDR	Physical Exercise (VELO), day 2
11:30-13:00	FE-1	Physical Exercise (ARED)
11:35-11:40	FE-5	HAM radio equipment prep
11:40-11:50	FE-5	HAM radio comm. session
12:30-13:00	CDR	Hygiene procedures
12:30-12:45	FE-3	Private family conference (<i>Ku+S-band</i>)
12:35-12:40	FE-4	ALTEA: dosimeter equipment deactivation
12:45-13:00	FE-4	Food questionnaire
12:55-13:00	FE-3	On MCC Go ISS repress using Progress СРПК (start)
13:00-14:00	.	LUNCH
14:00-14:30	FE-4	Psychological assessment program (WinSCAT)

14:00-14:05	FE-3	ISS repress using Progress CPГK (terminate)
14:00-14:55	FE-5	H2 sensor removal
14:05-14:45	FE-3	COЖ maintenance
14:30-15:30	FE-4	CGSE packing
14:40-15:10	FE-1	Psychological assessment program (WinSCAT)
15:00-15:10	FE-2	BSA battery charge term.
15:10-15:20	FE-1	PAO equipment setup
15:10-15:20	FE-2	EMU: REBA charge term.
15:20-15:30	FE-1	Crew prep for PAO
15:20-16:20	FE-2	PGT checkout
15:30-16:30	CDR	Physical Exercise (ARED), day 2
15:30-15:50	FE-1	PAO event (<i>S-band</i>)
15:40-15:50	FE-4	ALTEA: dosimeter equipment activation
15:50-16:00	FE-1	PAO equipment deactivation
16:20-16:50	FE-2	Reboot all PCS/PWS
17:00-17:20	CDR, FE-4, FE-5	ESA weekly crew conference (<i>S-band</i>)
18:00-18:05	FE-2	ELT laptop deactivation
18:00-19:00	FE-3	Physical Exercise (VELO), day 2
18:00-19:30	FE-4	Physical Exercise (ARED)
18:15-18:20	FE-1	OCA SSC router reboot
18:20-18:25	FE-1	SSC file server reboot
18:20-18:35	FE-5	Food questionnaire
18:35-19:05	FE-5	Psychological assessment program (WinSCAT)
19:00-19:30	FE-3	Hygiene procedures
19:25-19:30	FE-2	TVIS, CEVIS, and HRM data transfer to MEC
19:30-20:50	CDR, FE-3	Pre-sleep (dinner, daily food prep, evening toilet)
19:30-21:30	FE-1, FE-2, FE-4, FE-5	Pre-sleep (dinner, daily food prep, evening toilet)
20:50-21:00	CDR, FE-3	Conference with <i>Tall ships Atlantic Challenge 2009</i> participants (<i>S-band</i>)
21:00-21:30	CDR, FE-3	Pre-sleep
21:30-06:00	CDR, FE-2, FE-3, FE-4, FE-5	SLEEP
21:30-23:35	FE-1	SLEEP
23:35-23:50	FE-1	Private family conference (<i>S-band</i>)
23:50-06:00	FE-1	SLEEP
Task List	CDR, FE-3	Urine transfer from ЕДВ-У into Rodnik tank of Progress No. 402
	CDR	URAGAN. Observation and imaging
	CDR	EKON. Observation and imaging

Notes:

1. Window No. 9 shutter opening is at crew discretion with **Report to MCC**
2. See OSTP for references to US activities

End of radiogram