<table>
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<tr>
<th>GMT</th>
<th>CREW</th>
<th>ACTIVITY</th>
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<tr>
<td>06:00-06:05</td>
<td>CDR</td>
<td>Elektron-VM Aerosol Filter Inspection</td>
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<tr>
<td>06:00-06:10</td>
<td>FE-1,FE-3</td>
<td>Morning Inspection</td>
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<tr>
<td>06:00-06:05</td>
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<td>PROK- PH Urine Test</td>
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<td>06:00-06:05</td>
<td>FE-5</td>
<td>Bisphosphonates Pill Ingestion</td>
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<td>06:00-06:05</td>
<td>FE-6</td>
<td>SLEEP Data Log Entry</td>
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<td>06:05-06:15</td>
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<td>Morning Inspection</td>
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<td>SLEEP Data Log Entry</td>
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<td>06:10-06:40</td>
<td>FE-1,FE-3</td>
<td>Post-sleep</td>
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<td>06:10-06:15</td>
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<td>06:15-06:45</td>
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<td>06:40-07:30</td>
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<td>07:30-09:05</td>
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<td>FE-6</td>
<td>Myo Lab MELFI Retrieve</td>
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<td>07:45-08:05</td>
<td>FE-6</td>
<td>Myo Lab Culture Change Gathering</td>
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<td>08:05-08:20</td>
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<td>Myo Lab Culture Exchange Setup</td>
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<td>Myo Lab Clean Bench (CB) Setup</td>
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<td>Formaldehyde Monitoring Kit (FMK) Stow Operations</td>
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<td>10:00-11:00</td>
<td>CDR</td>
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<td>Private Family Conference (Ku+S-band)</td>
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<td>10:30-10:45</td>
<td>FE-6</td>
<td>Myo Lab Micro-G Canisters 1 and 3 Detachment</td>
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<td>Myo Lab 1G Canisters 2 and 4 Detachment</td>
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<td>11:00-13:00</td>
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<td>Myo Lab Culture Change</td>
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<td>11:40-11:55</td>
<td>CDR,FE-1,FE-3</td>
<td>Telephone Conference with Rossiyskiy Cosmos Magazine Editor (S-band)</td>
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<td>12:00-13:30</td>
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<td>Physical Exercise T 2</td>
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<td>MYO Canister 1 and 3 Attachment</td>
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<td>PRO K Diet Logging Day 2 - Day 4</td>
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<td>14:30-17:30</td>
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<td>Private Family Conference (S-band)</td>
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<td>14:50-15:30</td>
<td>FE-3</td>
<td>COX Maintenance. <strong>SM and FGB СП (Flush Counter), and РТОК Air Purification System Data Calldown / r/g 1113</strong>Inspection of CPB-K2M hoses from ΜΦΡ filter to БРПК separator.</td>
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<td>15:20-15:30</td>
<td>CDR</td>
<td>Setting up hardware for TV greetings /</td>
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<tr>
<td>15:30-15:45</td>
<td>FE-1,FE-3</td>
<td>TV Greeting to participants of <em>The First Steps In Science</em> Conference. TV Greeting to participants of the Constellation Russian National Olympiad. TV Greeting on the occasion of opening an observatory on the Cosmonautics Day (Ku+S-band)</td>
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<td>15:30-15:50</td>
<td>CDR</td>
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<tr>
<td>15:30-17:00</td>
<td>FE-6</td>
<td>Physical Exercise (ARED)</td>
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<tr>
<td>16:00-17:00</td>
<td>FE-3</td>
<td>Physical Exercise (VELO), Day 1</td>
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<td>16:30-16:35</td>
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<td>SSC File Server Reboot</td>
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<td>16:35-16:40</td>
<td>FE-2</td>
<td>OCA SSC Router Reboot</td>
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<td>17:00-18:00</td>
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<td>Physical Exercise T 2</td>
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<td>17:10-18:40</td>
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<td>Physical Exercise (ARED)</td>
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<td>18:05-18:20</td>
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<td>Private Family Conference (S-band)</td>
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<td>HRF Urine Collection Hardware Setup</td>
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<td>Evening Work Prep</td>
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<td>19:05-19:30</td>
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<td>Daily Planning Conference (S-band)</td>
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<td>19:30-21:15</td>
<td>FE-2</td>
<td>Pre-sleep</td>
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<td>CDR,FE-1,FE-3, FE-5,FE-6</td>
<td>Pre-sleep</td>
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<tr>
<td>Time</td>
<td>Activity</td>
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<td>21:15-21:30</td>
<td>FE-2  Private Family Conference (S-band)</td>
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<tr>
<td>21:30-06:00</td>
<td>SLEEP</td>
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</tbody>
</table>

**Notes:**
1. SM Window #9 shutter opening is at crew discretion w/ **Report to MCC / r/g 6083, 6004**
2. See OSTP for references to US activities
3. Pre-sleep ops: dinner, daily food prep, evening toilet

End of Radiogram