

GMT	CREW	ACTIVITY
06:00-06:10	CDR	Morning Inspection. SM ПСС [Caution & Warning Panel] Test
06:00-06:10	FE-5, FE-6	Morning Inspection
06:10-06:40		Post-sleep
06:40-07:30		BREAKFAST
07:30-07:50	CDR, FE-6	Work Prep
07:30-07:45	FE-5	Work Prep
07:45-07:50	FE-5	ENERGY Diet Log of Breakfast
07:50-08:05		Daily Planning Conference (<i>S-band</i>)
08:05-08:15	FE-5, FE-6	Review Dragon Docking Data
08:15-08:30	FE-6	Journal Entry
08:30-09:45	FE-5, FE-6	ATV Cargo Operations
09:35-11:05	CDR	Physical Exercise (TVIS), Day 2
09:45-10:00	FE-6	Gathering tools for exercise equipment maintenance
09:45-10:05	FE-5	ENERGY - Urine Sample Collection
10:05-10:15	FE-5	ENERGY - Water Sample Collection
10:05-10:25	FE-6	ENERGY - Urine Sample Collection
10:25-11:25	FE-6	Physical Exercise (CEVIS)
10:25-11:25	FE-5	Physical Exercise T2
11:05-11:45	CDR	Hatch Open TV Coverage Procedure Review. <i>Tagup (S-band)</i>
11:25-12:25	FE-5, FE-6	LUNCH
11:45-12:45	CDR	LUNCH
12:25-12:40	FE-6	Private Medical Conference
12:25-12:30	FE-5	ENERGY Diet Log of Lunch
12:30-13:30	FE-5	ATV Cargo Operations
12:40-13:30	FE-6	ATV Cargo Operations
12:45-13:15	CDR	Gathering physical exercise tools for the arriving Soyuz 705 crew
13:30-13:40	FE-5, FE-6	ATV Cargo Ops Tagup
13:40-13:50	FE-5	Ham Radio Hardware Deactivation
13:45-13:55	FE-6	Closing USOS Window Shutters
13:45-14:15	CDR	VZAIMODEISTVIYE Experiment Ops
13:50-14:05	FE-5	Evening Work Prep
13:55-14:05	FE-6	PAO Hardware Setup
14:05-14:15	FE-5, FE-6	Crew Prep for PAO
14:15-14:35	CDR	BTX Turn on Thermostats
14:15-14:35	FE-5, FE-6	PAO Event
14:35-14:45	FE-5, FE-6	Evening Work Prep
14:45-15:00		Daily Planning Conference (<i>S-band</i>)
15:00-17:00	CDR, FE-6	Pre-sleep
15:00-15:05	FE-5	ENERGY Diet Log of Dinner
15:05-17:00	FE-5	Pre-sleep

17:00-01:30		SLEEP
Task List	CDR	Preparation of reports for Roskosmos site
		ECON. Observations and Photography
		IMS Update
		COX Maintenance

Notes:

1. SM Window #9 shutter opening is at crew discretion w/ **Report to MCC**
 2. See OSTP for references to US activities
 3. Pre-sleep ops: daily food prep, dinner, pre-sleep
- End of Radiogram