<table>
<thead>
<tr>
<th>TIME</th>
<th>CREW</th>
<th>ACTIVITY</th>
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<tr>
<td>09:00-09:10</td>
<td>CDR</td>
<td>Morning Inspection. SM ПСС (Caution &amp; Warning Panel) Test</td>
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<td>09:00-09:10</td>
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<td>Morning Inspection.</td>
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<td>09:00-09:10</td>
<td>FE-4</td>
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<td>09:00-09:05</td>
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<td>REACTION - Self-reaction test</td>
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<td>09:10-09:20</td>
<td>FE-2</td>
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<td>09:10-09:40</td>
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<td>Post-sleep</td>
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<td>09:20-09:40</td>
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<td>BREAKFAST</td>
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<td>10:30-10:45</td>
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<td>ISS crew and ГОГУ (RSA Flight Control Management Team) weekly conference (S-band)</td>
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<td>10:45-11:00</td>
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<td>Work Prep</td>
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<td>11:00-11:25</td>
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<td>11:25-13:25</td>
<td>CDR</td>
<td>Photography of FGB Interior panels in Hygiene Ops Area</td>
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<td>11:25-12:55</td>
<td>FE-3</td>
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<td>11:25-12:35</td>
<td>FE-5</td>
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<td>11:25-12:10</td>
<td>FE-2</td>
<td>VIRU. Installation of Relaksatsiya P/L components. Tagup with specialists (S-band)</td>
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<td>11:30-11:40</td>
<td>FE-6</td>
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<td>FE-6</td>
<td>MSPR - Laptop Reconfiguration</td>
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<td>11:40-13:10</td>
<td>FE-4</td>
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<td>12:00-12:25</td>
<td>FE-6</td>
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<td>12:10-12:50</td>
<td>FE-2</td>
<td>VIRU. Relaksatsiya Experiment Ops. Tagup with specialists (S-band)</td>
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<td>12:25-12:45</td>
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<td>COSMO - Setting Camera, Connecting Microphone</td>
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<td>12:35-13:05</td>
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<td>BCATC1 - Hardware Setup and Photography</td>
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<td>12:50-13:30</td>
<td>FE-2</td>
<td>VIRU. Relaksatsiya Hardware Removal. Tagup with specialists (S-band)</td>
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<td>13:00-14:30</td>
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<td>ARED Exercise</td>
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<td>FE-3</td>
<td>AMINE - Screen Cleaning</td>
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<td>FE-5</td>
<td>CEVIS Exercise</td>
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<td>13:10-14:10</td>
<td>FE-3</td>
<td>T2 Exercise</td>
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<td>13:10-14:40</td>
<td>FE-4</td>
<td>Urine transfer from EDV-U1039, 1063, 1113 to БВ1 tank, Rodnik system of Progress 420 and БВ1 OP cntr flush</td>
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<td>13:25-14:40</td>
<td>CDR</td>
<td>Study of veins in lower extremities</td>
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<td>13:30-13:40</td>
<td>FE-2</td>
<td>VIRU. Fill out and Downlink of VIRU Log Sheet. Tagup with specialists (S-band)</td>
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<tr>
<td>13:40-14:40</td>
<td>FE-2</td>
<td>Review, select and downlink via РСПИ photo and video materials recorded</td>
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<td>Time</td>
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<td>14:05-14:20</td>
<td>FE-5 BLB_CR. Biolab hardware removal</td>
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<td>14:10-14:20</td>
<td>FE-3 Treadmill T2 Monthly Inspection</td>
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<td>14:20-14:50</td>
<td>FE-3 Water vessels R&amp;R</td>
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<td>14:20-15:10</td>
<td>FE-5 BLB_CR. Biolab hardware teardown and transmitter installation</td>
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<td>14:40-14:55</td>
<td><strong>FE-2,FE-4</strong> IMS tagup (S-band)</td>
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<td>14:40-16:10</td>
<td>CDR ARED Exercise</td>
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<td>14:45-14:50</td>
<td>FE-6 COSMO - Camera View Check</td>
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<td>14:55-15:35</td>
<td><strong>FE-4</strong> COX Maintenance</td>
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<td>14:55-16:10</td>
<td><strong>FE-2</strong> Study of veins in lower extremities</td>
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<td>15:10-15:30</td>
<td>FE-5 BLB_CR. Remove EC interface plate after Biolab activities</td>
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<td>15:30-15:45</td>
<td>FE-3,FE-5 Photo &quot;Windows On Earth&quot;</td>
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<td>15:40-16:40</td>
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<td>15:45-16:45</td>
<td>FE-3,FE-5 LUNCH</td>
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<td>16:00-16:10</td>
<td>FE-6 MSPR - Camera and Laptop Deactivation</td>
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<td>16:10-17:10</td>
<td><strong>CDR,FE-2</strong> LUNCH</td>
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<td>16:25-17:25</td>
<td>FE-6 LUNCH</td>
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<td>16:40-17:10</td>
<td><strong>FE-4</strong> SEINER Ocean Observations</td>
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<td>16:45-16:55</td>
<td>FE-5 Food Frequency Questionnaire</td>
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<td>16:50-17:40</td>
<td>FE-3 NANORACK - Hardware Relocation</td>
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<td>16:55-17:05</td>
<td>FE-5 BLB_CR. Tear down after Biolab activities</td>
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<td>17:05-17:15</td>
<td>FE-5 BLB_CR. Biolab video tape retrieval</td>
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<td>17:10-18:10</td>
<td><strong>FE-2</strong> Review, select and downlink via РСПИ photo and video materials recorded during EVA 36 with the Olympic torch</td>
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<td>FE-5 BLB_CR. Biolab hardware stow</td>
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<td>17:25-17:30</td>
<td>FE-6 SHD. Weekly Questionnaire</td>
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<td>17:30-17:45</td>
<td>FE-6 VIABLE – review payload materials</td>
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<td>17:45-18:15</td>
<td>FE-6 VIABLE - monitoring</td>
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<td>17:50-18:10</td>
<td><strong>CDR</strong> IMS update</td>
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<td>18:15-18:35</td>
<td>. Flight Director/ISS Crew Tagup</td>
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<td>18:35-19:00</td>
<td>FE-6 BLR48 – safe payload data</td>
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<td><strong>CDR</strong> БД-2 Exercise, Day 4</td>
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<td><strong>FE-2</strong> VELO Exercise, Day 3</td>
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<td>FE-5 ARED Exercise</td>
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<td>18:55-19:00</td>
<td>FE-3 Close USOS window shutters</td>
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<td>19:00-20:00</td>
<td>FE-6 T2 Exercise</td>
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<td><strong>FE-2</strong> БД-2 Exercise, Day 3</td>
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<td>19:35-20:35</td>
<td><strong>FE-4</strong> VELO Exercise, Day 4</td>
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<td>19:40-19:55</td>
<td>FE-3 IMS and Stowage Conference</td>
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<td>19:55-20:05</td>
<td>FE-3 Food Frequency Questionnaire</td>
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<tr>
<td>20:00-20:10</td>
<td>FE-6 COSMO - Hardware Deactivation, Closeout</td>
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<td>Time</td>
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<td>20:00-20:10</td>
<td>CDR</td>
<td>Monitoring TV Signal on SSC2 Laptop during MPEG-2 Video Streaming Test.</td>
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<td>BCATC1 - Hardware Setup</td>
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<td>FE-3</td>
<td>SHD. Weekly Questionnaire</td>
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<td>20:10-20:15</td>
<td>FE-6</td>
<td>Data downlink from 4K camera - start</td>
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<td>SHD. Weekly Questionnaire</td>
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<td>20:20-20:35</td>
<td>FE-5</td>
<td>JRNL - Questionnaire Data Entry</td>
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<td>20:30-20:50</td>
<td>FE-6</td>
<td>BLR48 – saving data</td>
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<td>20:35-21:05</td>
<td>CDR,FE-4</td>
<td>Preparation for ТКГ 421 Docking</td>
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<td>20:50-21:00</td>
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<td>Ham Radio Deactivation</td>
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<td>21:05-22:45</td>
<td>CDR,FE-4</td>
<td>TKГ 421 Docking to SM Aft Comm Configuration for Nominal Ops after Docking</td>
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<td>Evening Work Prep</td>
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<td>21:10-21:20</td>
<td>FE-6</td>
<td>Data downlink from 4K camera - Terminate</td>
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<td>FE-2</td>
<td>Activation of MPEG2 Multicast TV Monitoring. Tagup with specialists (S-band)</td>
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<td>Evening Work Prep</td>
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<td>21:55-22:35</td>
<td>FE-2</td>
<td>Pre-sleep</td>
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<td>22:05-23:05</td>
<td>FE-3,FE-5,</td>
<td>Pre-sleep</td>
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<td>22:35-22:45</td>
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<td>Deactivate SM TVS and Close CP SSC Applications</td>
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<td>CDR,FE-2,FE-4</td>
<td>Pre-sleep</td>
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<td>23:05-23:25</td>
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<td>Daily Planning Conference (S-band)</td>
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<td>23:25-00:25</td>
<td>FE-3,FE-5</td>
<td>Pre-sleep</td>
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<td>CDR,FE-2,</td>
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<td>Pre-sleep</td>
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<td>00:20-00:25</td>
<td>FE-6</td>
<td>REACTION - Self-reaction test</td>
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<td>00:25-00:30</td>
<td>FE-3,FE-5,</td>
<td>Reading BCAT Reminder</td>
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<td>00:30-09:00</td>
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<td>SLEEP</td>
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<td>CDR</td>
<td>Food rations placement</td>
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<td>ECON-M. Observations and Photography</td>
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<td>URAGAN Observations and Photography</td>
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<td>Preparation of reports for Roscosmos site</td>
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</table>

**Note:**

1. SM Window No. 9 shutter opening is at crew discretion w/ Report to MCC
2. Pre-sleep ops: Dinner, Daily food prep, pre-sleep)
3. See OSTP for references to US activities.
4. Russian crew uses US exercise equipment strictly per F24 or OSTPV

   - No Exercise at 21:43-22:28

End of Radiogram