

**COЖ, CKB Activities, TV PAO**

GMT	CREW	ACTIVITY
06:00-06:10		Morning inspection
06:10-06:40		Post-sleep
06:40-07:30		BREAKFAST
07:30-07:45		Daily Planning Conference ( <i>S-band</i> )
07:45-08:15	CDR, FE-1	Prep for Work
07:45-07:55	FE-2	Prep for Work
07:55-08:00	FE-2	EMCH - activation
08:00-08:15	FE-2	Prep for Work
08:15-08:55	FE-2	EMCH - operations
08:15-08:30	FE-1	<b>On MCC Go:</b> Regeneration of БМП Ф2 Absorption Cartridge (start)
08:30-09:00	FE-1	Crew time for ISS adaptation and orientation
08:30-08:50	CDR	БСПН software upgrade on b/u HDD from RSS1. <i>Tagup with specialists (S-band)</i>
08:50-09:20	CDR	Crew time for ISS adaptation and orientation
08:55-09:15	FE-2	EMCH-data transfer
09:15-09:20	FE-2	EMCH - deactivation without power
09:20-09:45		TV PAO 'Greetings to participants of 6 <sup>th</sup> Youth Delphian Games', "Greetings to War Veterans (St. George ribbon event) ( <b>To=09:20, T1, T2, T3 - Automated daily timeline</b> )
09:45-09:50	FE-2	Payload status check
09:50-10:00	FE-2	EMCH - stowage
09:50-10:20	FE-1	Crew Medical Officer (CMO) proficiency training
10:00-10:15	CDR	БСПН software upgrade on primary HDD from RSS1. <i>Tagup with specialists (S-band)</i>
10:00-10:05	FE-2	Caution and Warning Panel Verification
10:05-10:15	FE-2	Caution and Warning book revision
10:15-11:15	CDR	Physical Exercise (VELO + RED) day 3
10:20-10:50	FE-2	Crew Medical Officer (CMO) proficiency training
10:20-10:50	FE-1	Crew time for ISS adaptation and orientation
10:50-12:20	FE-1	Physical Exercise (TVIS), day 3
10:50-11:15	FE-2	Scheduled maintenance of Compound Specific Analyzer- Combustion Products (CSA-CP)
11:15-12:15	FE-2	Physical Exercise (RED)
11:15-12:05	CDR	Cleaning ПФ1, ПФ2 Fan Dust Collectors and B1, B2 Fan Grilles in DC1
12:15-12:20	FE-2	Compound Specific Analyzer- Combustion Products (CSA-CP) spot check
12:20-13:20		LUNCH
13:20-16:20	CDR	Transfer urine from EDV-U to Progress 359 Rodnik Water Tank [БВ] 2
13:20-15:20	FE-2	US SLM: installation and measurements
13:20-14:00	FE-1	Filling and separation of EDV (KOB) for Elektron
14:00-14:30	FE-1	COЖ Maintenance
14:30-17:30	FE-1	Flushing SKV1 БТА Heat Exchanger-Evaporator wicks. <i>Tagup with specialists (S-band)</i>

15:20-15:35	FE-2	SLM data transfer to MEC
15:35-15:50	FE-2	Terminate charging of EMU battery
15:50-16:20	FE-2	Start EMU battery charge
16:20-17:50	FE-2	Physical Exercise (CEVIS)
16:20-17:50	CDR	Physical Exercise (TVIS), day 3
17:30-17:50	FE-1	Evening work prep
17:50-18:05		Daily Planning Conference ( <i>S-band</i> )
18:05-19:05	FE-1	Physical Exercise (VELO + RED) day 3
18:05-18:35	CDR	PLASMA-ISS. Equipment setup. <i>Tagup as necessary (S-band)</i>
18:05-18:25	FE-2	IMS Update
18:25-19:25	FE-2	Evening work prep
18:35-19:00	CDR	Evening work prep
19:00-19:30	CDR	Crew time for ISS adaptation and orientation
19:05-19:15	FE-1	Evening work prep
19:15-19:45	FE-1	DINNER
19:25-19:30	FE-2	Transfer TVIS/RED/CEVIS/HRM data to MEC
19:30-20:00	CDR, FE-2	DINNER
19:45-20:15	FE-1	Daily Food Prep
20:00-20:30	CDR, FE-2	Daily Food Prep
20:15-21:00	FE-1	Pre-sleep
20:30-21:30	CDR, FE-2	Pre-sleep
21:00-21:15	FE-1	БМП Ф2 Absorption Cartridge regeneration (termination)
21:15-21:30	FE-1	Pre-sleep
21:30-06:00		SLEEP

**Note:** See OSTP for references to US activities.

End of Radiogram