

GMT	CREW	ACTIVITY
06:00-06:10		Morning inspection
06:10-06:40		Post-sleep
06:40-07:30		BREAKFAST
07:30-08:00		Prep for Work
08:00-08:15		Daily Planning Conference (<i>S-band</i>)
08:15-08:30		ISS Crew and ГОГУ (RSA Flight Control Team) Weekly Conference (<i>S-band</i>)
08:30-11:00	FE-2	Removal and Changeout of Flexpack in RED
08:30-09:50	CDR, FE-1	Ops with Orlan replaceable elements
09:50-11:20	FE-1	Physical Exercise (TVIS), day 2
09:50-10:50	CDR	Orlan height adjustment. <i>Orlan tagup (S-band)</i>
10:50-11:50	CDR	Spacesuit and БСС [Orlan interface unit] leak checks and valve tests
11:00-11:45	FE-2	RED on-orbit calibration
11:20-12:20	FE-1	Orlan height adjustment / <i>Orlan tagup (S-band)</i>
11:45-12:45	FE-2	Microbiological analysis T+2.
11:50-13:20	CDR	Physical Exercise (TVIS), day 2
12:20-13:20	FE-1	Spacesuit and БСС [Orlan interface unit] leak checks and valve tests
12:45-13:40	FE-2	SD#2 cleaning in NODE 1
13:20-13:30	FE-1	Medical Kit config for EVA
13:40-14:40		LUNCH
14:40-15:40		Review airlock ops procedure per RODF "EVA from DC1". <i>Tagup as necessary (S-band)</i>
15:40-15:55	CDR	БК-3 oxygen tank pressure check
15:40-15:45	FE-2	OCA SSC router reboot
15:45-15:55	FE-2	O2 level check
15:55-16:25	CDR, FE-1	ПКО-BETA 08 Biomed Harness checkout using GAMMA equipment
16:10-17:10	FE-2	Physical Exercise (RED)
16:25-16:40	CDR, FE-1	Comm config
16:40-17:10	CDR, FE-1	Orlan and БСС telemetry check. Orlan comm check and medical parameter test
17:10-18:40	FE-2	Physical Exercise (CEVIS)
17:10-17:40	FE-1	COЖ Maintenance
17:10-18:05	CDR	Physical Exercise (VELO+RED) day 2
17:40-18:40	FE-1	Physical Exercise (VELO+RED) day 2
18:20-18:40	CDR	Testing КВД [Pressure Equalization Vlv] from ПОВ panels in ПxO and in DC1 <i>Comm reconfig for nominal ops</i>
18:40-18:55	CDR, FE-1	Evening work prep
18:40-18:45	FE-2	Transfer TVIS/RED/CEVIS/HRM data to MEC
18:45-18:55	FE-2	Evening work prep
18:55-19:10		Daily Planning Conference (<i>S-band</i>)
19:10-19:40		DINNER

19:40-20:00		Daily Food Prep
20:00-20:20		ISS crew and Program Management conference (<i>S + Ku-band</i>)
20:20-20:30		Daily Food Prep
20:30-21:30		Pre-sleep
21:30-06:00		SLEEP
Task List	CDR	RS ISS Audit
	FE-1	EDV condensate processing using Condensate Feed Unit (БПК)
	CDR	IMS Update

Note: See OSTP for references to US activities
End of Radiogram