

GMT	CREW	ACTIVITY
14:30-14:40	CDR, FE-2	Morning inspection
14:30-14:45	FE-1	Private Medical Conference (<i>Ku + S-band</i>)
14:40-14:45	CDR	Post-sleep
14:40-15:10	FE-2	
14:45-15:00	CDR	Private Medical Conference (<i>Ku + S-band</i>)
14:45-15:15	FE-1	Post-sleep
15:00-15:25	CDR	
15:10-16:00	FE-2	BREAKFAST
15:15-16:15	FE-1	
15:25-16:15	CDR	
16:00-16:10	FE-2	PAO hardware setup
16:10-16:20		Crew prep for PAO
16:15-16:25	FE-1	Stowing Urolux hardware
16:20-16:40	FE-2	Educational Event with Central Islip (<i>Ku + S-band</i>)
16:25-16:40	FE-1	Post-EVA Pille dosimeter reading
16:40-16:50	FE-2	Nutrition: hardware setup
16:50-17:10		Nutrition - Hardware set up for urine collection
16:55-17:55	FE-1	Physical Exercise (VELO+RED) day 4
17:00-17:05	CDR	On MCC Go ISS air repress from Progress 360 CpПК (start)
17:05-17:35	CDR	Elektron activation. <i>Tagup with specialists as necessary (S-band)</i>
17:10-17:20	FE-2	CWC audit
17:30-17:35		HAM radio setup
17:35-18:05	CDR	COЖ Maintenance
17:35-17:45	FE-2	HAM radio session
17:55-18:30	FE-1, FE-2	SSRMS checkout
18:05-18:10	CDR	ISS air repress from Progress 360 CpПК (terminate)
18:30-19:30	CDR	Physical Exercise (VELO+RED) day 4
	FE-2	Physical Exercise (CEVIS)
18:30-19:00	FE-1	EVA-18 OCA Photo Downlink
19:30-19:35	FE-2	Transfer TVIS/RED/CEVIS/HRM data to MEC
19:30-20:00	CDR, FE-1	Daily food prep
19:35-20:00	FE-2	
20:00-20:30		DINNER
20:30-21:30		Pre-sleep
21:30-06:00		SLEEP

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