

GMT	Crew	Activity / <i>ODF or R/G</i>
06:00–06:10		Morning inspection
06:10–06:40		Post-sleep
06:40–07:30		BREAKFAST
07:30–10:00	PLT, FE-1	Progress cargo transfer / r/g 686 , r/g 689
07:30–09:00	CDR	
09:00–10:00	CDR	Physical exercise (active rest)
10:00–10:30		Weekly planning conference
10:30–12:00	PLT, FE-1	Physical exercise (active rest)
10:30–10:45	CDR	Charge camcorder battery / ??? ? item 2.2, page 2-2
10:45–12:00	CDR	Take air samples in SM using ??-1? & ??? samplers / ???? ? items 11.1, 11.2, pg. 11-1 through 11-3 + r/g 688
12:00–13:00		LUNCH
13:00–14:05		Progress cargo transfer / ?/? 686 , ?/? 689
14:05–16:00	PLT	PLASMA CRYSTAL-3: hardware setup / r/g 681BD
14:05–16:30	FE-1	
14:05–15:05	CDR	Reconfigure CPC power system / ???_1622
15:05 – 15:50	CDR	PCS display update / ???_1660
15:50 – 17:25	CDR	Physical exercise (active rest)
16:00–16:25	PLT	Pump O ₂ from Progress ???? into ISS (on GO from MCC) / ???? ? item 3.5, page 3-2
16:25–17:25	PLT	Physical exercise (active rest)
16:40–17:10	FE-1	BIOSPHERE: kit transfer (if time available)
17:20 – 18:20	FE-1	Physical exercise (active rest)
17:25–17:40	PLT	Delta file prep and downlink
17:25–18:10	CDR	PCS DISPLAY UPDATE
17:40–18:20	PLT	BIOSPHERE: kit setup (if time available) / r/g 667BD
18:20–18:50		Report prep
18:50–19:20		Review plan for the next day
19:20–19:30		Daily planning conference (evening)
19:30–20:00		DINNER
20:00–20:30		Daily food ration prep
20:30–21:30		Pre-sleep
21:30 – 06:00		SLEEP

Notes:

1. 20:36 CDR (25 min) Earth observations ? anadian Rocky Mountains (candidate activity)
2. Daily planning conference (morning) subject to OCA availability
3. CWC R&R for Elektron subject to special directive
4. Ham Radio session subject to time availability / [???_1650](#)

End of radiogram