

**Kurs test (+?), Progress ??? (manifolds 1 and 2) dynamic test**

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
07:30-08:00	.	Work prep
08:00-08:15	.	Daily planning conference (morning) (S-band)
08:15-08:30	FE-1	Private family conference (S-band)
08:15-09:25	CDR	Install and activate ?? and Laptop on ??? work station No. 2/ <i>crew procedures (??), in-flight maintenance (??), IVA (????), SM Resupply, Item 2.5, pgs.2-6, Item 2.7, pgs. 2-8 + r/g 837</i>
08:25-12:10	FE-2	OCA router install / <i>OCA_2063</i>
08:30-12:10	FE-1	
09:30-10:00	CDR	Replace ??? 1 fan/ <i>r/g 829</i>
10:30-12:00	CDR	Physical exercise (IRED -1)
12:10-13:10	.	Lunch
13:10-15:00	FE-1	OCA router install / <i>OCA_2063</i>
13:10-15:40	FE-2	Unload Progress 244 using IMS
13:10-17:10	CDR	
15:00-17:30	FE-1	Physical exercise
15:45-18:15	FE-2	Physical exercise
17:30-18:00	FE-1	Sound level meter checkout / <i>ISS Medical Operations: Med Ops: Activation and Checkout: EHS: Sound Level Meter (SLM) - Checkout</i>
17:15-17:45	CDR	Report prep
17:45-18:45	CDR	Physical exercise (veloergometer-1). Telemetry check To=18:07 / <i>r/g 840</i>
18:45-19:15	.	Review plan
19:15-19:30	.	Daily planning conference (evening) (S-band)
19:30-20:00	.	Dinner
20:00-20:30	.	Daily food ration prep
20:30-21:30	.	Pre-sleep
21:30-06:00	.	Sleep

Note: Replace CWC for Elektron as well as containers ???-? and ???-C? **per ground instructions (??)**

End of radiogram