

GMT	Crew	Activity/ <i>ODF or R/G</i>
07:30 - 07:40	.	Morning inspection
07:40 - 08:10	.	Post sleep
08:10 - 08:50	CDR	Hematocrit value identification and blood test using PCBA / <i>???</i> <i>?? ? ? ? book 2 item 3.10.1 p?.3-65 through 3-68</i>
08:10 - 08:30	FE-1	Prep and Hematocrit value identification and blood test using PCBA / <i>?? ? ? ? ? ? book 2 item 3.10.1 p?.3-65 through 3-68</i>
08:30 - 09:50		
08:30 - 09:10	FE-2	Hematocrit value identification and blood test using PCBA / <i>???</i> <i>?? ? ? ? book 2 item 3.10.1 p?.3-65 through 3-68</i>
09:40 - 09:50	FE-2	TEPC power down and transfer
09:40 - 09:50	CDR	Camcorder battery charge/ <i>?? ? ? /p?.3-2 3.2</i>
09:50 - 10:40	.	Breakfast
10:40 - 11:00	.	Work prep
11:00 - 11:15	.	Daily planning conference
11:20 - 12:35	.	7? .1 flight program and procedures review
12:35 - 13:15	CDR	Data collection within the " <i>??????????????</i> " experiment
12:45 - 13:30	FE-1	TVIS Physical exercise
13:15 - 14:30	CDR	Replacement of hose <i>?-? ??? -? ? ? ?</i> and tank <i>?-?</i> according to <i>Radiogram # 1624</i>
13:30 - 14:30	FE-2	TVIS Physical exercise
14:00 - 14:45	FE-1	RED Physical exercise
14:30 - 15:30	CDR	TVIS Physical exercise according to the 3d day program
14:30 - 15:30	FE-2	Audit. Inventory ops in LAB.
15:30 - 16:30	.	LUNCH
16:30 - 16:45	FE-2	Check of the payload items in LAB
16:30 - 17:10	CDR	ICLSS system maintenance
16:30 - 17:15	FE-1	Regular health check - <i>?? ?</i> (specialist responsible for medical provisions)
16:45 - 17:15	FE-2	Regular health check – Examined cosmonaut (astronaut)
17:15 - 17:45	FE-1, FE-2	Regular health check- FE-1- Examined cosmonaut (astronaut) FE2-specialist responsible for medical provisions.
17:20 - 17:25	CDR	Downlink of the greetings to Mr. Kizim L.D.+ <i>Radiogram # 1606</i>
17:25 - 17:35	CDR	TV downlink on the stowing of the items to be disposed in Progress / <i>Radiogram # 1592</i>
17:45 - 18:30	FE-2	TVIS Physical exercise
17:45 - 19:00	FE-1	Regular health check - <i>?? ?</i> (specialist responsible for medical provisions)

17:45 - 18:15	CDR	Regular health check – Examined cosmonaut (astronaut)
18:15 - 19:45	CDR	TVIS+IREN Physical exercise
18:30 - 19:15	FE-2	RED Physical exercise
19:00 - 19:15	FE-1	Placing PHS in stowage
19:15 - 20:15	FE-1	TVIS Physical exercise
19:45 - 20:15	CDR	Next day program review
19:55 - 20:15	FE-2	Prep for delta file downlink
20:15 - 20:30	.	DPC
20:30 - 21:00	.	Report prep
21:00 - 21:30	.	Dinner
21:30 - 22:00	.	Daily food ration prep
22:00 - 23:00	.	Pre sleep
23:00 - 07:30	.	Sleep

NOTE: See OSTP for absent references to U.S. operations.

End of radiogram