

GMT Time	Crew	Activity	ODF	Item and/or radiogram
06:00 - 06:10		Morning inspection		
06:10 - 06:40		Post-sleep		
06:40 - 07:30		Breakfast		
07:30 - 08:00		Preparation for work		
08:00 - 08:15		Daily morning planning conference		
08:15 - 08:25	CDR	Reload FPP sensor software		INTERNATIONAL SPACE ACTIVATION AND CHECKOUT FPP OPERATIONAL CHECKOUT
08:15 - 09:15	FE-1	ÄÄ-92 installation	SM IVA IFM	item 4.1, p. 4-1 + radiogram 271
08:15 - 10:45	PILOT	Replacement of ÖÖÄ-1 Ì (Ä 305)		radiogram 277
08:25 - 11:30	CDR	Checkout of CMG heaters using DAT Laptop		OCA_0468Ä, OCA_0567
09:15 - 09:25	FE-1	Mating of Tim cnctrs to ÄÖÑ2-12		radiogram 271
09:25 - 09:40	FE-1	Charge battery of Camcorder	SM ÄèÄ	p. 2-2, item 2.2
09:40 - 10:40	FE-1	HDD recovery from CD (Laptop s/n 1024)		radiograms 282, 283
10:40 - 10:55	FE-1	Food questionnaire on MEC		OCA_0319
10:55 - 11:05	FE-1	Test of Regul radio receiver set 1	SM ÆÖÈ	p. 2-3, item 2.5.1 + radiogram 271
11:30 - 12:10		CNN & CBS interview. PAO videoconference (via OCA)		US msg
12:10 -13:10	CDR	Physical exercise (TVIS, per USOS program)		
12:10 -13:10	FE-1, PILOT	Physical exercise (active rest)		
13:10 - 14:40		Lunch		
14:40 - 15:05	CDR	ÄÄÑ (emergency activities) ODF revision		radiogram 275
14:50 - 15:05	PILOT	Food questionnaire on MEC		Msg OCA_0319
14:50 - 15:05	FE-1-1	HURRICANE ("URAGAN") Observations		radiogram 162
15:05 - 15:35	CDR	Weekly planning conference		
15:05 - 15:20	FE-1, PILOT	Weekly planning conference		
15:35 - 16:15	CDR	RPCM removal and replacement (via OCA)		OCA_0491
15:20 - 16:15	FE-1, PILOT	Test of ÆÓ Ì-2 on Soyuz No. 205		radiogram 278
16:05 - 17:10	FE-1	HDD recovery from CD (Laptop s/n 1024) (backup time)		radiograms 282, 283

GMT Time	Crew	Activity	ODF	Item and/or radiogram
16:15 - 16:35	CDR	Acoustic dosimeters static noise measurement		Msg OCA_0319
16:35 - 16:55	CDR	Acoustic dosimeters		Msg OCA_0319
16:55 - 17:55	CDR	RED exercises		
17:55 - 18:10	CDR	Food questionnaire on MEC	MED OPS: NOMINAL: HMS: Nutrition- MEC Access to Food Frequency Questionnaire (FFQ)	
17:10 - 18:10	FE-1, PILOT	Physical exercise (active rest)		
16:40 - 17:10	PILOT	Prepare to downlink delta file. Incorporate changes to IMS software		radiogram
18:10 - 18:40		Familiarization with the following day plan		
18:40 - 19:10		Report preparation		
19:10 - 19:40		Dinner		
19:40 - 20:10		Daily food ration prep		
20:10 - 20:25		Daily evening planning conference		
20:30 - 21:30		Pre-sleep		
21:30 - 06:00		Sleep		

end of radiogram