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| 06:00 - 06:40 | | ISS morning inspection and post sleep activities | |
| 06:40 - 07:30 | | Breakfast | |
| 07:30 - 08:00 | FE-1 | The "0000000000" antennas search and installation from the launch position, radiogram #402 | |
| 07:30 - 07:40 | PILOT | Camcorder battery charge | ÀÈÀ Ñ Ì page 2-2 p. 2.2 |
| 07:40 - 08:00 | PILOT | The "0000000000" antennas search and installation from the launch position, radiogram #402 | |
| 08:00 - 08:25 | PILOT FE-1 | Ò Ì È Ñ È and Á Ñ Ñ checkout. Ñ È radio communication checkout. | Ð Ò È Ñ Ì p. 2.5.7. page 2-7, p. 6.1 page 6-1 À Ì ò Ì p. 2.4 page 2-4, 2-5 |
| 08:00 - 08:15 | CDR | Food questionnaire (Ì Á Ñ) | Radiogram Ì Á Ñ _0639 |
| 08:15 - 08:45 | CDR | RED data loading into Ì Á Ñ | Radiogram Ì Á Ñ _0639 |
| 08:25 - 08:35 | PILOT FE-1 | The oxygen tank [Á È -3] demounting. The battery removing from the suit telemetry unit [Á Ð Ò Á] | Ð Ñ È p. 2.4.9 page 2-17 Ð Ò È Ñ Ì p. 6.2 page 6-1 |
| 08:35 - 09:05 | PILOT FE-1 | Ñ È and Á Ñ Ñ stowage | Ð Ñ È p. 3.4 page 3-4, 3-5 |
| 08:45 - 09:15 | CDR | Files transfer from Ì Á Ñ to Ì Á Ñ | Radiogram Ì Á Ñ _0639 |
| 09:15 - 09:25 | | Working conditions questionnaire | |
| 09:25 - 10:55 | CDR | CMG CHECKOUT USING DAT LAPTOP ACTIVATION AND CHECKOUT / CMG: CMG CHECKOUT USING DAT | |
| 09:25 - 10:25 | FE-1 | Exercises (IRED-1) | |
| 09:25 - 09:40 | PILOT | Delta file downlink preparation | |
| 09:40 - 09:55 | PILOT | Private medical conference | |
| 09:55 - 10:25 | PILOT | Food rations inventory / Report to the Ground numbers of the unopened containers | |
| 10:25 - 10:55 | PILOT FE-1 | Window # 9 cap video shooting | Radiogram 401 |
| 10:55 - 11:55 | CDR | Exercises (TVIS) | |
| 10:55 - 11:55 | PILOT | Exercises (IRED-1) | |
| 10:55 - 11:25 | FE-1 | Moisture removing from the A/C System [Ñ È Á 2] | |
| 11:25 - 11:35 | FE-1 | Á Ð Ì È -1 separator inspection | |
| 11:35 - 11:55 | FE-1 | Ò Á Á (-Ò) docking cone internal surface visual inspection | |
| 11:55 - 12:55 | | Review documentation as part of Flight 5A preparation | |
| 12:45 - 13:45 | | Dinner | |
| 13:45 - 14:25 | | Review documentation as part of Flight 5A preparation | |
| 14:25 - 14:45 | | PR activities. TV reportage (via Ì Á Ñ) | Radiogram Ì Á Ñ _0751 |
| 14:45 - 15:30 | FE-1 | IMS data base update. Á È Ñ page 2-2 p. 2.2, page 3-6 p. 3.3 | |
| 14:45 - 17:00 | PILOT | IMS data base update. Á È Ñ page 2-2 p. 2.2, page 3-6 p. 3.3 | |
| 14:45 - 15:00 | CDR | Private medical conference | |
| 15:00 - 15:40 | CDR | Plants morphology experiment: Germination INTERNATIONAL_SPACE_SCENES P/TV 112 JASON PROJECT | |
| 15:30 - 17:00 | FE-1 | Exercises (TVIS-1) | |
| 15:40 - 16:20 | CDR | Plants morphology experiment: Photography | |
| 16:20 - 17:00 | CDR | Plants morphology experiment: Images downlink | |
| 16:30 | CDR | Earth surface observation - reserve operation, Ò ò = 16:30 | |
| 17:00 - 18:30 | PILOT | Exercises (TVIS-1) | |

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| 17:00 –18:30 | FE-1 | IMS data base update. | |
| 17:00 - 18:30 | CDR | Exercises (IRED) | |
| 18:30 - 19:00 | | Report preparation | |
| 19:00 - 19:30 | | Next day activities plan familiarization | |
| 19:30 - 20:00 | | Evening meal | |
| 20:00 - 20:30 | | Next day food ration preparation | |
| 20:30 - 21:30 | PILOT FE-1 | Presleep activities | |
| 20:30 - 20:50 | CDR | ISS HAM radio operations | ÎÑÀ_0858 |
| 20:50 - 21:30 | CDR | Presleep activities | |