

**2 THERMAL INSULATION**

| TIME        | CREW        | ACTIVITY   |
|-------------|-------------|--|
| 06:00-06:10 |             | Morning ISS inspection                           |
| 06:10-06:30 | FE-1        | Post sleep                                       |
| 06:10-06:40 | CMD, PILOT  | Post sleep                                       |
| 06:30-07:20 | FE -1       | Blood biochemical analysis                       |
| 06:40-06:50 | PILOT       |  |
| 06:50-07:20 | PILOT       | Moisture removal from NEA2                       |
| 06:50-07:10 | CMD         | Blood biochemical analysis                       |
| 07:20-08:00 |             | Breakfast  |
| 08:00-08:10 |             | Daily planning conference                        |
| 08:10-09:10 | CMD         | CMG heater checkup using Laptop DAT              |
| 08:10-11:10 | FE -1       | Blood biochemical analysis                       |
| 08:10-11:10 | PILOT       | Thermal insulation of external surfaces and NEA2 |
| 09:10-11:10 | CMD         | IANA II troubleshooting                          |
| 11:10-12:10 | CMD         | TVIS exercises                                   |
| 11:10-12:10 | FE-1, PILOT | Exercises, active rest                           |
| 12:10-13:10 |             | Lunch  |
| 13:10-13:50 | CMD         | Plant morphology, imaging                        |
| 13:50-14:20 | CMD         | Plant morphology, photo downlink                 |
| 14:10-14:20 | PILOT       | Inspection of ADE -1 separator                   |
| 14:20-16:20 |             | 5A Plan review                                   |
| 16:20-16:50 |             | Weekly planning conference                       |
| 16:50-18:20 | CMD         | IREX exercises                                   |
| 16:50-18:20 | FE-1, PILOT | Exercises, rest                                  |
| 18:20-18:50 |             | Report prep                                      |
| 18:50-19:00 |             | Daily planning conference                        |
| 19:00-19:30 |             | Next day schedule review                         |
| 19:30-20:00 |             | Dinner   |
| 20:00-20:30 |             | Daily food ration prep                           |
| 20:30-21:30 |             | Pre-sleep  |
| 21:30-06:00 |             | Sleep  |

End of Radiogram