### GMT | Crew | Activity
--- | --- | ---
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 |  | Morning DPC *(S-band)*
08:15–10:45 | FE-2 | C&C3 Mass Memory Unit install
08:15–11:15 | CDR, FE-1 | Removal of KURS-A hardware from Progress-256
10:45–11:45 | FE-2 | Physical exercise *(TVIS)*
11:15–12:45 | FE-1 | Physical exercise *(RED)*
11:45–13:15 | CDR | Physical exercise *(TVIS+IRED day 1)*
11:45–12:10 | FE-2 | RENAL STONE: end of urine collection *(FE-2)*
12:45–13:45 | FE-1, FE-2 | LUNCH
13:15–14:05 | CDR | Food questionnaire
13:45–13:55 | FE-1 | Setup for PAO media event
13:55–14:15 |  | Maintenance of ???
14:05–15:35 | CDR, FE-2 | S-band troubleshoot
14:15–15:05 | FE-1 | INTERACTIONS: data entry and archive *(FE-1)*
15:05–15:20 |  | ICE-POP rack config
15:35–15:45 |  | Prep for PAO media event
15:45–16:05 |  | PAO media event *(S-band)*
16:05–17:35 | FE-2 | Physical exercise *(RED)*
16:15–16:45 | CDR | Comm & Tracking data rate test
16:25–16:40 | FE-1 | Increment 4 payload status check
16:40–17:40 |  | Physical exercise *(TVIS)*
16:45–17:45 | CDR | Physical exercise *(cycle-1)*
17:40–17:55 | FE-1 | Food questionnaire
17:45–18:15 | FE-2 | Transfer of TVIS/IRED data to MEC
17:55–18:15 | FE-1 | RENAL STONE: stowage
18:05–18:15 | CDR | Prep for TV report
18:15–18:30 |  | ISS/MCC TV downlink: 55th Anniversary of Special Police Force
18:30–18:45 |  | Daily plan review
18:45–19:00 |  | Daily planning conference *(S-band)*
19:00–19:30 | FE-2, FE-1 | IMS file prep
19:30–19:55 | CDR, FE-1 | Work prep
19:45–20:15 | CDR, FE-1 | FD/ISS crew conference *(S-band)*
20:00–20:15 | CDR, FE-1 | Daily food prep
20:00–20:10 | FE-2 | Daily food prep
20:10–20:25 |  | Ham radio pass
<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
<th>Notes</th>
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<tbody>
<tr>
<td>20:15–20:40</td>
<td>CDR, FE-1</td>
<td>DINNER</td>
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<td>20:25–20:40</td>
<td>FE-2</td>
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<td>20:40–21:30</td>
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<td>Pre-sleep</td>
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<td>21:30–06:00</td>
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<td>SLEEP</td>
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</tbody>
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Notes:  
1. See OSTP for references to US activities  
2. CDR: URAGAN Earth Observations (*Task List*)

End of radiogram