### 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 | Daily planning conference (S-band) |  
08:15-08:25 | FE-1 | Replacing ИК0501 gas analyzer CO2 filter unit (Use filter unit #057, b/c 008552R, ФГБ1ПГО_2_213 white bag #4 248-6, removed unit – for disposal, make notation in IMS)  
08:15-08:30 | CDR | GASMAP HRF – routine health check power up  
08:25-09:25 | FE-1 | Crew adaptation and ISS familiarization  
08:30-09:30 | CDR | New software installation on the Medical Equipment Computer (MEC)  
09:30-11:00 | FE-1 | Physical exercise (TVIS), day 4  
09:30-09:35 | CDR | TVIS weekly maintenance  
09:35-10:05 | CDR | Defibrillator checkout  
10:05-11:35 | | Physical exercise (RED)  
11:00-11:05 | FE-1 | TVIS weekly maintenance  
11:20-12:20 | | Physical exercise (VELO)-4  
11:35-12:05 | CDR | RED bolt maintenance  
12:05-12:20 | | RED routine inspection  
12:20-13:20 | | LUNCH  
13:20-13:50 | | Crew Medical Restraint System (CMRS) checkout  
13:50-14:50 | CDR | Crew adaptation and ISS familiarization  
13:50-16:50 | FE-1 | Replacing ACU  
14:50-15:50 | | Physical exercise (CEVIS)  
15:00-15:55 | CDR | Transfer TVIS data to MEC  
15:55-16:20 | | Routine maintenance of Compound Specific Analyzer- Combustion Products (CSA-CP)  
16:20-16:30 | | Compound Specific Analyzer- Combustion Products (CSA-CP) spot check  
16:30-16:45 | | Food questionnaire  
16:45-16:50 | | GASMAP HRF - routine health check power down  
16:50-18:20 | FE-1 | Replacing E-K container and E-K hose (Use # 302085 b/c 008309R, ФГБ1ПГО_3_1, removed unit – for disposal, make notation in IMS)  
16:50-17:00 | CDR | PAO hardware setup  
17:00-17:10 | | Crew PAO prep
<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>17:10-17:30</td>
<td>Downlink message for the NASA Visitor Center <em>(Ku + S-band)</em></td>
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<tr>
<td>17:30-17:35</td>
<td>Cleaning PCG-STES 010 hardware filter</td>
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<tr>
<td>17:35-17:50</td>
<td>Questionnaire - journal entry</td>
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<tr>
<td>17:50-18:00</td>
<td>Scopemeter battery check</td>
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<tr>
<td>18:20-18:50</td>
<td>Daily plan review</td>
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<tr>
<td>18:50-19:05</td>
<td>Daily planning conference <em>(S-band)</em></td>
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<tr>
<td>19:05-19:30</td>
<td>Report prep</td>
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<tr>
<td>19:30-20:00</td>
<td>DINNER</td>
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<tr>
<td>20:00-20:30</td>
<td>Daily food prep</td>
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<td>20:30-21:30</td>
<td>Pre-sleep</td>
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<tr>
<td>21:30-06:00</td>
<td>SLEEP</td>
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</tbody>
</table>

**Task List**

| FE-1 | PLANTS-2. Hardware status check |

**Note:** See OSTP for references to US activities.

End of Radiogram