

Station Orientation. Fan Cleaning. PILOT Experiment.

GMT	Crew	Activity
06:00-06:10		Station inspection
06:10-06:40		Post-sleep
06:40-07:30	.	BREAKFAST
07:30-08:00		Work prep
08:00-08:15		DPC (<i>S-band</i>)
08:15-08:30	FE-1	IMS tagup (<i>S-band</i>)
08:15-09:15	CDR	Crew adaptation and station familiarization
08:30-08:50	FE-1	PILOT: setup
08:50-09:35		PILOT: experiment ops. <i>Tagup with specialist (S-band)</i>
09:15-09:20	CDR	Daily US LAB payload status check
09:20-09:35		Questionnaire: - log entry
09:35-10:35	FE-1	Cleaning of ГЖТ 1, 2, 3 (removable grids) in FGB
09:35-10:05	CDR	INTERACTION: data collection
10:05-11:05		Physical exercise (TVIS)
10:35-11:35	FE-1	Cleaning of ЦБ fan protective mesh screens
11:05-11:25	CDR	TVIS/RED data transfer to MEC
11:25-11:45		HR data transfer to MEC
11:35-11:45	FE-1	Regeneration of F2 absorbent bed in БМП (end)
11:45-12:45		Physical exercise (Cycle Ergometer + Load Trainer-1) day 3
11:45-12:00	CDR	Стирание файлов с данными HRM
12:00-12:45		PILOT: experiment ops. <i>Tagup with specialist (S-band)</i>
12:45-13:45	.	LUNCH
13:45-14:15	CDR	Inspection of Lab emergency lighting power supply
13:45-14:05	FE-1	PILOT: teardown
14:05-15:05		Crew adaptation and station familiarization
14:15-16:15	CDR	Inspection of Node 1 emergency lighting power supply
15:05-15:20	FE-1	Reboot all PCS (weekly)
15:20-15:25		OCA router reload
15:25-16:05		INTERACTION: data collection and archiving
16:05-17:35		Physical exercise (TVIS) day 3
16:15-16:45	CDR	Inspection of Airlock emergency lighting power supply
16:45-18:15		Physical exercise (RED)
17:35-18:15	FE-1	COЖ maintenance
18:15-18:20	CDR	CSA-CP: O2 readings
18:15-18:35	FE-1	Delta file prep for downlink
18:20-18:25	CDR	CDM: CO2 readings
18:25-18:30		CGBA deactivation
18:35-18:50		DPC (<i>S-band</i>)
18:50-19:20	.	Daily plan review
20:00-20:30		DINNER
19:35-19:50	CDR	PFC (<i>S+Ku-band</i>)
19:30-20:00	FE-1	Daily fool prep
19:50-20:00	CDR	
20:30-21:30	.	Pre-sleep

21:30-06:00		SLEEP
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Task List	FE-1	Equipment search
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Note: See OSTP for US procedure references
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