VHF Packet Comm Test. Soyuz TV Transmission Test

GMT			
10.10-10.40	GMT	Crew	Activity
10:40-11:30	10:00–10:10		Morning inspection
12:15-12:45 Work prep Daily planning conference (S-band)	10:10–10:40		Personal hygiene (post-sleep)
12:45-13:00	10:40–11:30		BREAKFAST
13:00-14:10 FE-1 Packing of UF-1 return items 13:00-14:00 PLT, CDR Ku-band setup for TV transmission of Progress docking 14:00-16:35 CDR Packing of UF-1 return items 14:10-14:35 FE-1 Packing of UF-1 return items 14:10-14:35 FE-1 Packing of UF-1 return items 15:35-16:35 PLT Physical exercise (TVIS-2) 15:35-16:35 PLT Physical exercise (TVIS-2) 15:45-16:10 FE-1 Packet comm test. Conference with ground experts (S-band) 16:35-16:45 PLT Inspection of ????-1 separator 16:35-16:45 PLT Inspection of ????-1 separator 16:35-17:00 CDR Daily status check of US payloads 17:00-18:00 LUNCH 18:00-18:45 FE-1 Packing of UF-1 return items 18:00-18:45 FE-1 Packing of UF-1 return items 18:35-18:50 CDR Private medical conference (S-band) 18:45-19:20 FE-1, PLT HDTV: videotaping crew for subsequent evaluation of health status (session 1) 19:00-19:20 Prep for crew handover 19:20-20:50 Physical exercise (TVIS-2) 20:30-20:50 CDR Physical exercise (RED) 21:10-21:50 CDR Physical exercise (RED) 22:50-23:05 Physical exercise (RED) Daily planning conference (S-band) Review of plan for upcoming day Daily planning conference (S-band) Review of plan for upcoming day Daily planning conference (S-band) Review of plan for upcoming day Daily planning conference (S-band) Review of plan for upcoming day Daily planning conference (S-band) Review of plan for upcoming day Daily planning conference (S-band) Review of plan for upcoming day Daily planning conference (S-band) 23:30-00:15 Daily food ration prep DiNNER Daily food ration prep Daily food ration pre	12:15–12:45		Work prep
13:00-14:00	12:45-13:00		Daily planning conference (S-band)
14:00-15:35	13:00–14:10	FE-1	Packing of UF-1 return items
14:00-16:35 CDR	13:00–14:00	PLT, CDR	Ku-band setup for TV transmission of Progress docking
14:00-16:35 CDR	14:00–15:35		Packing of UF-1 return items
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14:35-16:35 PLT	14:10–14:35		VHF Packet comm test. Conference with ground experts (S-band)
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02:00–02:45 PLT Personal hygiene (pre-sleep)	01:00–01:30		DINNER
Personal hydiene (pre-sleen)			Daily food ration prep
02:00–03:00 FE-1, CDR		-	Personal hygiene (pre-sleep)
	02:00-03:00		. 5.555, 3.5 (p. 5.556)

02:45-03:05 PLT	Recording of 24-hour ECG (end)
03:05–11:30	SLEEP
03:00-11:30 FE-1, CDR	

Note: See OSTP for references to US activities

End of radiogram