

SYSTEM MONITORING

TIME	CREW	ACTIVITY/ODF or radiogram
06:00 - 06:10	.	ISS morning inspection
06:10 - 06:40	.	Post Sleep
06:40 - 07:30	.	Breakfast
07:30 - 08:00	.	Prep for work
08:02 - 08:17	.	DPC via S-Band
08:30 - 09:15	FE-1	TVIS Video Survey / ???_2923
08:15 - 08:30	FE -2	SSC Daily Maintenance
08:35 - 08:50	FE -2	MEC card swap/INCREMENT_2_US_SODF: Integrated Medical Group: TVIS - Protocol SWAP
09:00 - 10:00	FE -2	Physical Exercise, Active Rest
09:15 - 10:45	FE -1	Physical Exercise, Active Rest
09:00 - 09:15	CDR	URAGAN, visual observations / R/G 1112
09:50 - 10:20	CDR	Replacement of urine-receptacle in Toilet/ R/G 1116
10:00 - 10:30	FE -2	MEC Exercise Data Downlink
10:20 - 11:00	CDR	ECLSS maintenance by MCC GO (CWC, ???-?, ???-C? Replacement)
10:55 - 11:20	FE -1	LAB PL Status/Monitor
11:00 - 11:30	CDR	SOYUZ Window Inspection/ R/G 1119
11:30 - 11:50		7A TAGUP via S-Band
12:00 - 13:00	.	LUNCH
13:05 - 13:25		WPC via S-Band
13:30 - 15:30	CDR	Wet Cleaning/ ODF Medical Support ? ? Book 1.p 2-2, para.2.2.1.
13:30 -16:30	FE -1, FE -2	Back Up MDM S/U/ ???_2853
16:15 - 17:15	CDR	Physical Exercises, VELO-1
16:55 -17:15	FE -1	Prep of Delta File (IMS)
16:45 - 18:15	FE -2	Physical Exercise, Active Rest
17:15 - 18:15	FE -1	Physical Exercise, Active Rest
17:15 - 18:15	CDR	Physical Exercise. RED-1
18:15 - 18:45	.	Fam with next day's plan
18:45 - 19:30	.	Prep of Report
19:05 - 19:20	.	DPC via S-Band
19:30 - 19:55	FE -1	Dinner
19:30 - 20:00	CDR FE -2	
19:55 - 20:15	FE -1	Ham Radio Ops, Parkway Central School
20:00 - 20:30	FE -2 CDR	Prep of Daily Food Ration
20:15 - 20:30	FE -1	
20:30 - 21:30	.	Pre Sleep
21:30 - 06:00	.	SLEEP

End of r/g