

**Attitude change to OCK. БBC system software update (patches)**

GMT	CREW	ACTIVITY
06:00-06:10	.	Morning inspection
06:10-06:40		Post-sleep
06:40-07:30		BREAKFAST
07:30-07:55		Prep for work
07:55-08:00	CDR	Scopemeter battery charge
08:00-08:15	.	Daily planning conference ( <i>S-band</i> )
08:15-09:55	CDR	FOOT – LEMS suit pant adjustment
08:15-11:15	FE-1	DC1 return to initial configuration following Orlan OBT
10:15-10:30	CDR	CBOSS FDI – activity procedure review
10:30-10:45		FDI – making paper tube to protect camera lens
10:45-12:15		Physical Exercise (RED)
11:15-12:15	FE -1	Physical Exercise (VELO) - 1
12:20-12:30	CDR	PAO setup
12:30-12:40	.	PAO prep
12:40-13:00		Thanksgiving Day message ( <i>Ku+S-band</i> )
13:00-14:00		LUNCH
14:00-16:45	CDR	FDI – using paper tube to optimize camera settings
14:00-14:10	FE -1	Air sample collection using Draeger tube air sampler (ИПД) for CO in SM
14:10-14:30		Air sample collection using AK-1M adsorber in SM and FGB
14:30-15:30		ИПД samplers search and inventory. <i>Tagup (S-band)</i>
15:30-15:50		IMS file prep
15:50-17:20		Physical Exercise (VELO + FL-1) - 1
16:45-17:15	CDR	Interaction – data collection
17:15-18:15		Physical Exercise (CEVIS)
17:20-17:50	FE -1	COЖ maintenance
17:50-18:30		Interaction – data collection and backup
18:15-18:30	CDR	Food questionnaire
19:10-19:15		7S (Expedition 8) payload status check
18:30-18:55	.	Daily plan review
18:55-19:10		Daily planning conference ( <i>S-band</i> )
19:30-20:00		DINNER (RENAL: pill ingestion)
20:00-20:30		Daily food prep
20:30-21:30		Pre-sleep
21:30-06:00		SLEEP
<b>Task List</b>	FE-1	Search for lost equipment

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

End of radiogram