

DYNAMIC TEST OF PROGRESS ДПО THRUSTERS, MANIFOLD 1

GMT	CREW	ACTIVITY
06:00-06:10		Morning inspection
06:10-06:40		Post-sleep
06:40-06:50	FE-1	Body mass measurement. Setup.
06:40-06:50	CDR	Calf measurement
06:50-07:00	FE-1	
06:50-07:05	CDR	Body mass measurement
07:05-07:20	FE-1	
07:05-07:55	CDR	BREAKFAST
07:20-07:30		Close-out ops
07:30-08:25	FE-1	BREAKFAST
08:25-08:55		DIATOMEA. World Ocean observations
08:35-09:05	CDR	Work prep
08:55-09:10	FE-1	Work prep
09:05-09:10	CDR	Atmosphere revitalization rack activation
09:10-09:25	.	Daily planning conference (<i>S-band</i>)
09:25-09:55	CDR	Inspection of Portable Breathing Apparatus (PBA) and Portable Fire Extinguisher (PFE)
09:30-10:20	FE-1	Pille dosimeter reading
09:55-10:20	CDR	HRF 2 - CBT
10:20-11:10	FE-1 CDR assists	Study of cardiovascular system under graded physical load on VELO. To=10:35. <i>Tagup with specialists (VHF)</i>
11:10-12:40	CDR	Periodic fitness evaluation
11:35-12:05	FE-1 assists	
11:10-11:20	FE-1	Taking readings from Real-Time Harmful Contaminant Gas Analyzer ГАНК-4М [AOK]
11:20-11:35		IMS tagup (<i>S-band</i>)
12:05-13:05		Physical Exercise (VELO+RED)-3
12:50-13:10	CDR	Start EMU battery discharge
13:05-13:20	FE-1	URAGAN. Observations and photo imagery
13:10-13:20	CDR	Start EMU METOX Regeneration
13:20-14:20	.	LUNCH
14:20-16:20	FE-1	SM prep for relocation. Review of relocation procedures per ODF
14:20-16:00	CDR	Activation/Deactivation [PK]
16:00-16:45		IMS update
16:20-16:50	FE-1	COЖ maintenance. <i>Inspection of БРПК separator</i>
16:45-18:15	CDR	Physical Exercise (RED)
16:50-18:20	FE-1	Physical exercise (TVIS) day 3
18:20-18:45		Daily plan review
18:20-18:25	CDR	Transfer TVIS, RED, and HRM data to MEC
18:25-18:45		Daily plan review
18:45-19:00		Report prep

19:00-19:15		Daily planning conference (<i>S-band</i>)
19:15-19:30		Report prep
19:30-20:00		DINNER
20:00-20:30	CDR	Daily food prep
	FE-1	Daily food prep
20:30-21:30		Pre-sleep
21:30-06:00		SLEEP

Note: See OSTP for references to US activities.

End of radiogram