

TORU Training. SMCC (LBM) Restart

GMT	CREW	ACTIVITY
06:00-06:10		Morning inspection
06:10-06:40		Post-sleep
06:40-07:30		BREAKFAST
07:30-08:00		Work prep
08:00-08:15		Daily planning conference (<i>S-band</i>)
08:15-08:50	FE-1	SFOG Candle Replacement and Activation. Report to MCC part numbers of used candles
08:15-08:35	CDR	Cleaning BBH screen in Soyuz
08:35-08:50		IMS tagup (<i>S-band</i>)
08:50-11:50		TORU Training. Tagup with specialists (<i>S-band</i>)
11:50-13:20	FE-1	Physical Exercise (RED)
	CDR	Physical exercise (TVIS), day 4
13:20-14:20		LUNCH
14:20-14:25	FE-1	Rebooting OCA SSC router
14:20-14:55	CDR	SFOG Candle Replacement and Activation. Report to MCC part numbers of used candles
14:35-14:55	FE-1	IMS file prep
14:55-15:55		System config for TV downlink via Ku-band
15:10-15:55	CDR	Box TA 985M (Data Bank) prepack for return on the Shuttle Tagup with specialists (<i>S-band</i>)
15:55-16:25		Testing video downlink via Ku-band (configuring TV system for docking)
16:25-17:25	CDR	Physical exercise (VELO + Load Trainer/Cycle 1), day 4
16:25-16:35	FE-1	Laptop A31P deactivation
16:35-16:45		Formaldehyde Monitoring Kit (FMK) removal
16:45-17:15		Crew Medical Officer (CMO) proficiency training
17:15-17:20		Carbon dioxide monitoring
17:20-18:20		Physical Exercise (TVIS)
17:25-17:55	CDR	Crew Medical Officer (CMO) proficiency training
17:55-18:30		SFOG Candle Replacement and Activation. Report to MCC part numbers of used candles
18:20-18:25	FE-1	Transfer TVIS, RED, and HRM data to MEC
18:25-18:55		Report prep
18:30-18:45	CDR	
18:45-18:55		Vozdukh deactivation
18:55-19:10		Daily planning conference (<i>S-band</i>)
19:10-19:30		ISS Crew / Astronaut Office, Kent Rominger, tagup (<i>S-band</i>)
19:30-20:00		DINNER
20:00-20:30		Daily food prep
20:30-21:30	FE-1	Pre-sleep
20:30-21:15	CDR	
21:15-21:30	CDR	On MCC instructions Switching on Vozdukh to mode 5
21:30-06:00		SLEEP
Task List	CDR	PLANTS-2. Recharging water tank

Note: See OSTP for references to US activities.

End of Radiogram