

ORLAN-M Hardware Inventory

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
08:00-08:05	CDR	Display and control panel (DCP) power cable disconnection
08:05-08:20	.	Daily planning conference (<i>S-band</i>)
08:20-09:15	FE-1	Ultrasound HRF – physiological assessment
08:20-08:35	CDR, FE-2	IMS tagup (<i>S-band</i>)
08:35-10:35		ORLAN-M Hardware Inventory
09:15-09:35	FE-1	HRF – Photo/TV equipment setup for ultrasound investigation
09:35-13:10		Ultrasound HRF – physiological assessment
10:35-12:30	CDR, FE-2	TVIS inspection
12:30-13:30	CDR	Physical exercise (TVIS, day 1)
	FE-2	Physical exercise (VELO + Load Trainer 1) day 1
13:10-13:20	FE-1	HRF – packaging and stowage of Photo/TV equipment
13:30-14:25	FE-2	LUNCH
13:30-14:30	CDR, FE-1	
14:25-14:40	FE-2	IWIS. Removal of the remote sensing unit (RSU) in SM. Tagup with specialists (<i>S-band</i>)
14:30-15:10	CDR	IMS file prep
14:30-14:40	FE-1	Daily payload status check
14:40-15:25		RSU transfer from SM to Node1 and recopying of IWIS sensor information
14:40-15:10	FE-2	INTERACTIONS – data collection
15:10-15:25	CDR, FE-2	Video comm pass ($T_0=19:16$, T_1, T_2, T_3 from automated daily timeline (СПП)) "Address dedicated to the 145th Anniversary of K. E. Tsiolkovsky's Birth"
15:25-16:05	CDR	INTERACTIONS – data collection and backup
15:25-16:55	FE-1	Physical exercise (RED)
15:25-15:55	FE-2	Physical exercise (Active Rest)
15:55-16:55		Physical exercise (TVIS, day 1)
16:05-16:25	CDR	On MCC Go ISS Repress with O2 from Progress CPПK
16:25-16:55		Physical exercise (Active Rest)
16:55-17:55		Physical exercise (TVIS, day 1)
	FE-1	Physical exercise (CEVIS)
16:55-17:35	FE-2	COЖ maintenance
17:55-18:20	.	Tagup: ISS-5 crew/ STS-112 crew (<i>S-band</i>)
18:20-18:45		Flight Director/ISS-5 crew tagup (<i>S-band</i>)
18:45-19:00		Daily planning conference (<i>S-band</i>)
19:00-19:15	CDR	Report prep
19:00-19:30	FE-1	Daily plan review
	FE-2	Report prep

19:15-19:40	CDR	Video comm pass ($T_0=19:16$, T_1, T_2, T_3 from automated daily timeline (СПП)) "Address dedicated to the 145th Anniversary of K. E. Tsiolkovsky's Birth"
19:30-20:00	FE-1, FE-2	DINNER
19:40-20:00	CDR	
20:00-20:30	.	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