EVA Prep

GMT	CREW	ACTIVITY
06:00-06:10		Morning inspection
06:10-06:40		Post-sleep
06:40-07:30		BREAKFAST
07:30-08:00	CDR, FE-2	Mark prop
07:30-07:55	FE-1	-Work prep
07:55-08:00		PLANTS-2. Equipment monitoring
08:00-08:15		Daily planning conference (S-band)
08:15-08:55	CDR	СОЖ maintenance
09:15-10:15	FE-2	Physical exercise (TVIS)
09:50-10:50	FE-1	File prep following SM and DC1 windows inspection and photoimaging
10:15-10:20	FE-2	Weekly TVIS maintenance
10:20-11:50		Physical exercise (RED)
10:45-11:45	CDR	Physical exercise (TVIS)
10:50-11:50	FE-1	Physical exercise (VELO + Load Trainer, day 3)
11:50-12:50		EVA timeline review
12:50-13:50		LUNCH
13:50-14:10	CDR, FE-2	Airlock hardware prep
14:10-14:30	CDR	METOX cartridge install
14:35-15:35		EVA tagup with MCC-H (S-band)
15:35-17:05	CDR	Physical exercise (RED)
15:35-15:40	FE-2	CO ₂ level reading using carbon dioxide monitor
16:00-16:30	FE-1	Filter-insert (Φ-B) changeout in toilet [ACУ]
16:05-16:20	FE-2	Private medical conference (S-band)
16:25-16:55		V10 configuration
16:30-16:45	FE-1	Private medical conference (S-band)
16:45-18:15		Physical exercise (TVIS, day 3)
17:35-18:15	FE-2	IMS file prep
17:45-18:00	CDR	Private medical conference (S-band)
18:00-18:10		LAB payload status check
18:10-18:15		Cable connection to control panel (video-signal routing)
18:15-18:45		Daily plan review
18:45-18:55		Work prep
18:55-19:10		Daily planning conference (S-band)
19:10-19:30		Daily plan review
19:30-20:00		DINNER
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