

GAMMA - 1M: Blood Pressure Unit (AД) R&R and Checkout.

GMT	CREW	ACTIVITY
06:00-06:10		Morning inspection
06:10-06:40		Post-sleep
06:40-07:30		BREAKFAST
07:30-08:00	FE-1	Work prep
07:30-07:55	CDR	
07:55-08:00		PLANTS-2. Payload status check
08:00-08:15		Daily planning conference (<i>S-band</i>)
08:15-09:15		Crew orientation and ISS familiarization
09:15-09:45		Crew Medical Restraint System (CMRS) checkout
09:45-11:15	CDR	Physical Exercise (TVIS, Day 4)
	FE-1	Physical Exercises (RED)
11:15-11:30		RED routine inspection
11:15-11:55	CDR	COX maintenance
11:30-11:40	FE-1	Daily payload status check
11:55-12:55		LUNCH
12:55-14:55		OBT: emergency equipment readiness.
14:55-15:55	FE-1	TVIS Monthly Maintenance
15:00-15:40	CDR	GAMMA-1M: Blood Pressure Unit (АД) R&R
15:55-16:55	FE-1	Physical Exercise (TVIS)
16:30-16:35	CDR	БРПК-2 separator inspection
16:35-17:15		IMS file prep
16:55-17:00	FE-1	TVIS Weekly Maintenance
17:00-17:30		TVIS Monthly Maintenance
17:15-18:15	CDR	Physical Exercise (VELO+Load Trainer-1, Day 4)
17:30-18:00	FE-1	CD library upgrade
18:15-18:45		Daily plan review
18:45-19:00		Work prep
19:00-19:15		Daily planning conference (<i>S-band</i>)
19:15-19:30		Work prep
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