## Emergency Descent Training • Activation of YC21-2, YC21-4 Units in KY

GMT	CREW	ACTIVITY
06:00-06:10		Morning inspection
06:10-06:40		Post-sleep
06:40-07:30		LUNCH
07:30-08:00		Prep for work
08:00-08:15		Daily planning conference (S-band)
08:15-09:15	CDR, FE-1	БВС S/W reload procedure overview (version 07.01)
08:15-08:20	FE-2	ACS CDMK CO2 read
08:45-10:15	FE-2	Physical exercise (RED)
09:15-09:45	CDR, FE-1	Tagup with software reload specialists (version 07.01) (S-band)
09:45-10:05	FE-1	Copying uplinked file to the floppy disk before Laptop s/w reload
09:45-09:50	CDR	MCA valve opening
10:05-10:15	CDR	Payload status check
10:05-10:10	FE-1	Inspection of БРПК separator
10:15-12:15		Emergency descent training. Tagup with ground specialists (S-band)
12:15-13:15	CDR	Physical exercise (CEVIS)
12:15-13:15	FE-1	Physical exercise (VELO + Load Trainer-1 / day 1)
12:15-12:55	FE-2	Maintenance of COЖ
13:15-14:15		LUNCH
14:15-14:40	CDR	Grab Sample Container (GSC) ops
14:15-14:25	FE-2	VOA/GSC photos
14:15-15:15	FE-1	Ethernet crew support network reconfig prep
14:40-14:55	CDR	FMK deployment FMK
15:00-16:00	FE-2	Physical exercise (CEVIS)
15:15-16:45	FE-1	Inspection of SM Work Compartment hull and shell behind panels 130, 134, 135, 138 and TVIS
15:25-15:30	CDR	MCA valve closure
15:45-17:15	CDR	Physical exercise (RED)
16:00-17:30	FE-2	Microgravity Science Glovebox (MSG) troubleshooting
16:45-18:15	FE-1	Physical exercise (TVIS – 1)
17:30-18:10	FE-2	IMS file prep
18:10-18:15	FE-2	ACS CDMK CO2 read
18:15-18:45		Daily plan review
18:45-19:00		Daily planning conference (S-band)
19:00-19:30		Prep for work
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