

Electron Activation. ROKVISS

GMT	CREW	ACTIVITY
06:00-06:10		Morning inspection
06:10-06:25	FE-1	Post-sleep
	CDR	Biochemical urine test
06:25-06:40	FE-1	
06:25-06:55	CDR	Post-sleep
06:40-06:50	FE-1	Stowing UROLUX hardware
06:50-07:05		Post-sleep
06:55-07:45	CDR	BREAKFAST
07:05-07:55	FE-1	
07:45-07:55	CDR	Work prep
07:55-08:10		Daily planning conference (<i>S-band</i>)
08:10-08:40	FE-1	Work prep
08:10-08:25	CDR	CFE familiarization
08:25-09:40		CFE - hardware assembly
08:40-09:10	FE-1	JAXA 3D-PCGF. Experiment procedure review. <i>Tagup with specialists (S-band)</i>
09:10-09:40		COX maintenance
09:40-10:10		Electron activation (24 A) <i>Tagup with specialists (S-band)</i>
09:40-10:55	CDR	CFE-Contact line – experiment run
10:10-10:30	FE-1	IMS update
10:30-11:20		RELAXATION. Equipment setup. <i>Tagup with specialists (S-band)</i>
10:55-11:10	CDR	CFE - equipment stow
11:10-11:20		HRF1 - rack powerup
11:20-12:20		Physical Exercise (RED)
11:20-12:50	FE-1	Physical Exercise (TVIS) Day 4
12:55-13:10		RELAXATION. Earth observations. <i>Tagup with specialists (S-band)</i>
13:15-13:30		BCP-TM. Sigma s/w update on EGE2 / <i>Tagup with specialists (S-band)</i>
13:20-13:35	CDR	AAA rack - airflow measuring
13:30-13:35	FE-1	RELAXATION. Earth observations
13:35-14:35	.	LUNCH
14:35-14:55	FE-1	RELAXATION. Hardware removal
14:50-15:20	CDR	MCA VGA R&R
14:55-15:05	FE-1	Daily plan review
15:05-15:20		Private medical conference (<i>Ku + S-band</i>)
15:20-15:35		Daily plan review
15:20-16:00	CDR	Sock filter installation
15:35-17:45	FE-1	Inspection and photo of RS ISS window for defects. <i>Tagup with specialists (VHF +S-band)</i>
16:00-16:30	CDR	MCA VGA R&R
16:30-16:40		HRF1 - rack power down
16:40-18:10		Physical exercise (CEVIS)
17:45-18:45	FE-1	Physical Exercise (VELO+RED) day 4
18:10-18:25	CDR	Private medical conference (<i>Ku + S-band</i>)

18:25-18:45		Daily plan review
18:45-18:50	FE-1	Transferring TVIS, RED, and HRM data to MEC
18:45-19:05	CDR	Report prep
18:50-19:05	FE-1	
19:05-19:20		Daily planning conference (<i>S-band</i>)
19:20-19:35		Weekly conference with the Program management (S-band)
19:35-19:45		Report prep
19:45-20:15		DINNER
20:15-20:30	CDR	Daily food prep
	FE-1	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