

TORU TRAINING

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
08:00-08:15		Daily Planning Conference (<i>S-band</i>)
08:15-08:20	FE-1	Opening LAB window shutters
08:20-08:30	FE-1	FMK deployment ops
08:15-08:25	CDR	NOA1. Hardware setup and activation
08:25-08:55	CDR	Crew time for adaptation and ISS orientation
08:30-09:00	FE-1	Dual Sorbent Tube (DST) Air Sampling
09:00-09:10	FE-1	Grab Sample Container (GSC) ops
08:55-09:20	CDR	NOA (ESANO1). Measurement and close out ops
09:10-09:20	FE-1	CWC audit
09:20-12:20		TORU Training. <i>Tagup with specialists (S-band)</i>
12:20-13:20	FE-1	Physical Exercise (RED)
12:20-13:20	CDR	Physical exercise (VELO + Load Trainer/Cycle 1), day 3
13:20-14:20		LUNCH
14:20-15:20	FE-1	Crew time for adaptation and ISS orientation
14:20-15:00	CDR	Filling EDV [KOB] for Elektron Tagup with specialists (S-band)
15:00-15:30	CDR	COX maintenance
15:20-16:00	FE-1	Renal Stone: Computer-Based Training
15:30-15:50	CDR	Crew time for adaptation and ISS orientation
15:50-17:20	CDR	Physical Exercise (TVIS) day 3
16:00-16:05	FE-1	Monitoring O2 and CO2 readings
16:05-16:25	FE-1	IMS update
16:25-16:40	FE-1	Food frequency questionnaire
16:40-17:10	FE-1	Evening work prep
17:10-18:40	FE-1	Physical Exercise (TVIS)
17:20-17:45	CDR	SM and FGB air sampling using AK-1M sampler
17:45-17:55	CDR	SM air sampling for Freon using AK-1M sampler
17:55-18:10	CDR	ИПД air sampling for CO in SM
18:10-18:55	CDR	Evening work prep
18:40-18:55	FE-1	Evening work prep
18:55-19:10	.	Daily Planning Conference (<i>S-band</i>)
19:10-19:25	FE-1	Questionnaire - journal entry
19:10-19:30	CDR	Evening work prep
19:25-19:30	FE-1	Transferring TVIS, RED, and HRM data to MEC
19:30-20:00		DINNER
20:00-20:30		Daily Food Prep

20:30-21:30		Pre-sleep
21:30-06:00		SLEEP
Task List	CDR	Search for lost hardware
		Downlink of Bracelet questionnaire entries

Note: See OSTP for references to US activities.

End of Radiogram