PLASMA CRYSTAL Ops • TV Coverage of VC Activities

GMT	Crew	Activity
05:30-05:40	VC CDR	Morning inspection
05:40-06:00		Post-sleep
06:00-06:10	VC FE1, VC SFP	Morning inspection
06:00-06:20	VC CDR	BIOTEST
06:10-06:40	VC FE1	Post-sleep
06:10-06:25	VC SFP	
06:25-06:40	VC SFP, VC CDR	CCE: saliva sample collection
06:40-07:30	VC FE1	BREAKFAST
06:40-06:50	VC SFP, VC CDR	Prep for TV coverage
06:50-07:10	VC SFP, VC CDR	TV interview: South African reporter Tim Modis
07:10-07:50	VC CDR	BREAKFAST
07:10-07:55	VC SFP	
07:40-08:00	VC FE1	VEST: destow and don experimental garments
07:50-08:00	VC CDR	VEST: photo ops
07:55-08:00	VC SFP	CCE: metabolic log entry: food and fluid intake
08:00-08:15		Morning DPC (S-band)
08:15–08:25	VC CDR, VC SFP	Prep for TV coverage
08:15–08:25	VC FE1	Photography of Italian territory
08:25-08:45	VC CDR, VC SFP	TV Report: SABC News
08:50-09:55	VC FE1	CHIRO: monitoring impairment of muscle function in weightlessness
08:50-09:35	VC CDR	CHIRO: video 1
08:50-09:20	VC SFP	Photo/video ops for South Africa
09:35–11:05	VC SFP, VC CDR	CCE: veloergometer-3 test and rest test
11:05–11:25	VC SFP	CCE: concluding ops
11:05–11:35	VC FE1	Processing of commemorative items (Italy)
11:05–11:15	VC CDR	Photo/video ops for Italy
11:15–11:25	VC CDR	VC-3 camcorder battery charge
11:25–11:50	VC SFP	PLANKTON LENS-M: (crew discretion)
11:40–12:10	VC FE1	E-mail ops
13:00–13:20	VC SFP	PLANKTON LENS-M: (crew discretion)
13:00–13:10	VC CDR	VEST: video ops
13:05–13:15	VC FE1	Photography of Italian territory
13:10–13:30	VC CDR	IMS file prep
13:40–14:35	VC SFP	LUNCH
13:40–14:40	VC FE1, VC CDR	
14:35–14:40	VC SFP	CCE: metabolic log entry: food and fluid intake
14:40–15:00	VC SFP, VC CDR	PLANKTON LENS-M: study of oceanic bioproductivity (plankton production)
15:00–17:45	VC FE1	ALTEINO: HALLEY ops (90 minutes)

GMT	Crew	Activity
15:00–15:45	VC CDR	
15:10–15:40	VC SFP	PLANKTON LENS-M: study of oceanic bioproductivity (plankton production)
15:40–16:10	VC SFP	E-mail ops
15:45–17:30	VC CDR	PLASMA CRYSTAL-3: payload setup
16:25–16:35	VC SFP	Private family conference (S-band)
16:55–17:10	VC SFP	Private teleconference (S-band)
17:30–18:05	VC CDR	PLASMA CRYSTAL-3: leak check
18:00–18:15	VC FE1	VEST: concluding ops: doffing and stowage of experimental garments
18:05–18:35	VC CDR	PLASMA CRYSTAL-3: vacuum chamber evacuation (init)
18:15–18:45	VC FE1, VC SFP	Report prep
18:35–18:45	VC CDR	Report prep
18:45–19:15		Daily plan review
19:15–19:30		Daily planning conference (S-band)
19:30–20:00		DINNER
20:00–20:10	VC CDR	Camcorder battery charge
20:00–20:05	VC SFP	CCE: metabolic log entry: food and fluid intake
20:00–20:30	VC FE1	
20:05–20:30	VC SFP	Daily food prep
20:10–20:30	VC CDR VC FE1, VC SFP	
20:30–21:25		Pre-sleep
20:30–21:30		
21:25–21:30	VC CDR	PLASMA CRYSTAL-3: turbo pump shutdown
21:30-05:40		SLEEP

Note: See OSTP for references to US activities

End of radiogram