

ECB-M1 Firmware Upgrade. Laptop RS3 Operation at Work Site 1 Without Reboot

GMT	CREW	ACTIVITY
06:00-06:10		Morning inspection (Do not reboot Laptop RS3 at Work Site 1)
06:10-06:40		Post-sleep
06:40-07:30		BREAKFAST
07:30-07:35	CDR	Setting up HAM radio
07:30-08:00	FE-1	Work prep
07:35-07:45	CDR	HAM radio session
07:45-08:00		Work prep
08:00-08:15	.	Daily Planning Conference (<i>S-band</i>)
08:15-09:15		ISS fire drill. <i>Tagup (S-band)</i>
09:15-10:45	FE-1	Replacing E-K pre-treat container and E-K hose in ACY system
09:50-10:50	CDR	Physical Exercise (TVIS)
10:50-12:20	FE-1	Physical Exercise (TVIS), Day 3
10:50-12:20	CDR	Physical Exercise (RED)
12:20-13:20	.	LUNCH
13:20-13:35	FE-1	Replace Power Converter ЭП 1003 in Gas Analyzer ГА ИК 0501 (<i>Power converter ЭП #14, b/c 007532R (CM1PO_4_449_1). Discard removed ЭП #13 unit.</i>)
13:35-14:05		COЖ maintenance
13:20-13:25	CDR	Activation of MSG glove box
13:25-14:25		Stow PromISS Hardware
14:05-14:20	FE-1	IMS tagup (<i>S-band</i>)
14:20-14:45		Set up the TP2 Laptop for ECB-M1, ECB-M2 firmware upgrade. <i>Tagup (S-band)</i>
14:25-14:35	CDR	MSG photography
14:35-15:25		Inspection and cleaning of MSG equipment
14:45-15:25	FE-1	Setting up ECB-M1 for firmware upgrade. <i>Tagup (S-band)</i>
15:25-16:20		ECB-M1 firmware upgrade. <i>Tagup (S-band)</i>
15:25-15:30	CDR	MSG deactivation
15:30-16:00		Ultra-sound ECG cable checkout on HRF1 rack
16:15-16:45		Psychological Evaluation Program (WinSCAT)
16:20-16:25	FE-1	Laptop2 power off
16:25-16:45		Delta file prep
16:45-17:15	FE-1 CDR(ном.)	Study of cardiac bioelectric activity at rest (Health Status Check), To=17:00. <i>Tagup (VHF)</i>
17:15-17:30	CDR	Food frequency questionnaire
17:15-18:15	FE-1	Physical Exercise (VELO+RED) day 3
18:15-18:25		Disassemble and stow 2 air duct sections <i>Tagup with specialists (S-band)</i>
18:20-18:25	CDR	Transferring TVIS, RED, and HRM data to MEC
18:25-18:30		Oxygen and CO2 status check
18:30-18:35		Rebooting OCA SSC router
18:35-18:50	.	Daily Planning Conference (<i>S-band</i>)
18:50-19:20	CDR	Mass Constituents Analyzer (MCA): crew-involved activation
18:50-19:20	FE-1	Daily Plan Review

19:20-19:50		DINNER
19:50-20:05		Daily food prep
20:05-20:20		Flight Director / ISS Crew Tagup (<i>S-band</i>)
20:20-20:30		Daily food prep
20:30-21:30		Pre-sleep
21:30-06:00		SLEEP
Task List	FE-1	GCF-JAXA. TBY temperature check
		PLANTS-2. Payload status check
		PLANTS-2. Recharging water tank

Note: See OSTP for references to US activities.
End of Radiogram