

**TRANSITION FROM [PCO] TO [OCK]. CREW OFF DUTY. MO-9.**

GMT	CREW	ACTIVITY
06:00-06:10	FE-1	Morning inspection. <i>Check ACY CM-Y cnctr behind pnl 139 for moisture</i>
	CDR	Morning inspection
06:10-06:35		Crew health status before EVA- prep
06:10-06:50	FE-1	Post-sleep
06:35-06:50	CDR	Biochemical urine test
06:50-07:05	FE-1	
06:50-07:20	CDR	Post-sleep
07:15-07:55	FE-1	BREAKFAST
07:20-08:10	CDR	
07:55-08:20	FE-1	Work prep
08:10-08:20	CDR	
08:20-08:35	.	Daily planning conference ( <i>S-band</i> )
08:35-08:55	CDR	Work prep
08:35-08:50	FE-1	Setting up ИД-3 and Pille dosimeters for EVA
09:50-10:00	CDR assists FE-1	Crew health status before EVA
10:00-10:10	CDR FE-1 assists	
10:10-10:30	FE-1	Crew health status before EVA: equipment stow
10:20-10:35	CDR	Rebooting PCS
10:30-11:00	FE-1	COЖ maintenance
10:35-10:50	CDR	PCS transfer
11:00-12:00		Physical Exercise (TVIS)
	FE-1	Physical Exercise (VELO+RED)-4
12:00-13:30	CDR	Physical Exercise (RED)
	FE-1	Physical Exercise (TVIS) day 4
13:30-14:30	.	LUNCH
14:30-14:40	CDR	NODE1 and LAB camera preparation for NODE1 and LAB monitoring during EVA
14:30-14:35	FE-1	Elektron power down
14:35-14:50		Private medical conference ( <i>S-band</i> )
14:50-15:05	CDR	
15:05-15:25	FE-1	Elektron power down
15:25-16:10		Equipment Lock prep
16:10-17:10		Preparation of US tools for EVA
17:10-17:40		EVA tagup with MCC ( <i>S-band</i> )
17:45-18:15		Daily plan review
18:15-18:30		Daily planning conference ( <i>S-band</i> )
18:30-18:35	FE-1	SCORPIO hardware deactivation
18:35-18:40		SPIKA hardware deactivation
18:35-18:50	CDR	Private family conference ( <i>Ku+S-band</i> )

19:00-19:30		Report prep
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