

GMT	CREW	ACTIVITY
06:00-06:10	CDR,FE-1	Station inspection
06:00-06:10	FE-2	Station inspection
06:10-06:20	CDR	Calf volume measurement <i>(use the measurement tool from the Calf Volume Measurement kit, b/c 00044954R (№86, ISS-18) CM1PO_2_Med cabinet, box 3)</i>
06:10-06:20	FE-1	MO-8. Set-up
06:10-06:25	FE -2	Post-sleep
06:20-06:35	CDR	Body mass measurement
06:20-06:40	FE -1	Post-sleep
06:25-06:35	FE -2	Calf volume measurement
06:35-07:05	CDR	Post-sleep
06:35-06:50	FE -2	Body mass measurement
06:40-06:50	FE -1	Calf volume measurement
06:50-07:05	FE -2	Post-sleep
06:50-07:05	FE -1	Body mass measurement
07:05-07:55	CDR, FE -2	Breakfast
07:05-07:15	FE -1	MO-8. Close-out ops
07:15-07:25	FE -1	Post-sleep
07:25-08:15	FE -1	Breakfast
07:55-08:15	CDR	Prep for work
07:55-08:10	FE -2	Prep for work
08:10-08:15	FE -2	JPM PROX - activation.
08:15-08:30	.	Daily planning conference ( <i>S-band</i> )
08:30-10:25	CDR	CCISS – prep for crew data collection on PC from HRF Rack 1
08:30-08:35	FE -2	Scheduled RED inspection.
08:30-09:00	FE -1	Prep for work
08:35-10:05	FE -2	Physical exercise (RED)
09:00-12:00	FE -1	Replacement of Toilet [ACY] Components
10:05-10:20	FE -2	CCISS – prep for data collection (operator)
10:20-10:30	FE -2	CCISS – photo imaging
10:25-11:00	CDR	CCISS – data collection
10:30-11:30	FE -2	Physical exercise (CEVIS)
11:00-11:10	CDR	CCISS – stow equipment
11:10-12:10	CDR	Prep cargo for return on ULF2
11:30-11:40	FE -2	Thermal control system [COTP] hose-insert disconnect
11:40-11:50	FE -2	Print out cue cards
12:00-13:00	FE -1	Physical exercise (VELO+RED) day 3
12:10-13:10	CDR	Physical exercise (CEVIS)
13:00-14:00	FE -1, FE -2	Lunch
13:10-14:10	CDR	Lunch
14:00-14:30	FE -1	Photo of the trace left by the active docking assembly docking probe on the

		cone of the passive docking assembly
14:00-15:15	FE -2	Prep cargo for return on ULF2
14:10-14:55	CDR	JLP – lamp removal
14:30-14:50	FE -1	Downlink photo/info on images of the interior surface of the docking cone via OCA
14:50-15:30	FE -1	COX maintenance
14:55-15:05	CDR	EXPRESS Rack 2 – R&R
15:05-16:05	CDR	Prep cargo for return on ULF2
15:15-15:30	FE -2	VHF test via US ground sites
15:30-16:20	FE -2	Prep cargo for return on ULF2
15:30-17:00	FE-1	Physical exercise (TVIS) day 3
16:05-17:35	CDR	Physical exercise (RED)
16:30-16:35	FE -2	Temp stow CBCS – central camera
16:35-16:50	FE -2	EarthKAM – cable mate
16:50-17:35	FE -2	EarthKAM – install, deploy
17:00-18:00	FE -1	Time for crew to adapt and ISS familiarization
17:35-17:50	CDR	Questionnaire, log entry
17:35-17:40	FE -2	TVIS / RED / HRM data transfer to MEC.
17:50-18:05	CDR, FE -2	R-BAR maneuver training tag-up ( <i>S-band</i> )
18:00-18:20	FE -1	IMS data edit
18:05-18:20	CDR, FE -2	Prep for work
18:20-18:40	.	Crew Office Management Tagup ( <i>S-band</i> )
18:40-18:50	.	Prep for work
18:50-19:05	.	Daily Planning Conference ( <i>S-band</i> )
19:05-19:30	.	Prep for work
19:30-19:40	CDR, FE -2	Pre-sleep (Dinner, food prep, pre-sleep)
19:30-21:30	FE -1	Pre-sleep (Dinner, food prep, pre-sleep)
19:40-19:55	CDR, FE -2	Crew request activities
19:55-21:30	CDR	Pre-sleep (Dinner, food prep, pre-sleep)
19:55-21:25	FE -2	Pre-sleep (Dinner, food prep, pre-sleep)
21:25-21:30	FE -2	Questionnaire, log entry
21:30-06:00	.	Sleep

**Notes:**

1. Opening Window #9 cover is at crew discretion, **Report to MCC**
2. See OSTP for US activity references

End of r/g