

ACH-M TEST (6 ORBITS) – START. CREW OFF DUTY.

GMT	CREW	ACTIVITY
06:00-06:10	.	Morning Inspection
06:10-06:40	.	Post-sleep
06:40-07:30	.	BREAKFAST
07:30-07:45	FE-1	БМП Φ2 Absorption Cartridge Regeneration (start)
07:30-08:30	CDR	Physical Exercise (TVIS)
08:30-10:00	CDR	Physical Exercise (RED)
10:00-11:30	FE-1	Physical Exercise (TVIS), day 4
11:05-12:05	FE-2	Physical Exercise (CEVIS)
11:30-12:30	FE-1	Physical Exercise (VELO + RED), day 4
12:05-13:05	FE-2	LUNCH
12:30-13:30	CDR,FE-1	LUNCH
13:05-13:20	FE-2	Private Family Conference (<i>Ku + S-band</i>)
15:00-15:05	FE-2	Lab Window Shutter Close
15:15-16:45	FE-2	Physical Exercise (RED)
15:50-16:30	FE-1	COЖ maintenance
16:30-17:20	FE-1	Evening work prep
16:40-16:45	CDR	Transfer TVIS/RED/CEVIS/HRM data to MEC
16:45-17:20	CDR,FE-2	Evening work prep
17:20-17:35	.	Daily Planning Conference (<i>S-band</i>)
17:35-18:00	CDR,FE-2	Evening work prep
17:35-17:45	FE-1	Evening work prep
17:45-18:15	FE-1	DINNER
18:00-18:30	CDR,FE-2	DINNER
18:15-18:45	FE-1	Daily Food Prep
18:30-19:00	CDR,FE-2	Daily Food Prep
18:45-19:45	FE-1	Pre-sleep
19:00-20:00	CDR,FE-2	Pre-sleep
19:45-20:00	FE-1	БМП Φ2 Absorption Cartridge Regeneration (termination)
20:00-04:30	.	SLEEP

Note: 1. See OSTP for references to US activities.

2. SM Window #9 shutter opening is at crew discretion

End of Radiogram