## VHF2 COMM CHECK WITH CREW IN SM AND SOYUZ 229

GMT	CREW	ACTIVITY
06:00-06:10	FE-3	Morning Inspection. Inspection of CM-Y connector on MHP-HC pump behind ACY panel 139.
06:00-06:10	FE-5	Morning Inspection
06:00-06:05	CDR	Elektron-VM Aerosol Filter Inspection
06:00-06:05	FE-6	REACTION Self Test
06:00-06:05	FE-4	SLEEP Data Log Entry
06:00-06:05	FE-2	SLEEP Data Log Entry
06:05-06:10	CDR,FE- 2,FE-4	Morning Inspection
06:05-06:10	FE-6	SLEEP Data Log Entry
06:10-06:40		Post-sleep
06:40-07:30		BREAKFAST
08:35-09:35	FE-6	Physical Exercise (CEVIS)
08:35-09:35	FE-3	Physical Exercise (ARED)
09:35-11:05	FE-6	Physical Exercise (ARED)
10:20-11:20	FE-2	Physical Exercise (CEVIS)
10:35-10:55	FE-5	VHF2 comm session with ISS crew in Soyuz 229 during RGS21 AOS
11:20-12:50	FE-2	Physical Exercise (ARED)
11:30-13:00	CDR	Physical Exercise (TVIS), Day 1
12:10-12:30	FE-5	VHF2 comm session with ISS crew in Soyuz 229 during RGS21 AOS (backup)
12:50-13:00	FE-3	TVIS Weekly Maintenance
12:50-13:00	FE-2	CIR Alignment Guide Removal
13:00-14:00		LUNCH
14:05-14:20	FE-4	Private Family Conference
14:00-14:20	FE-2	Surface Sampling And Analysis (T+5)
14:00-14:40	FE-5	СОЖ Maintenance
15:00-16:30	FE-3	Physical Exercise (TVIS), Day 2
15:10-16:10	FE-5	Physical Exercise (ARED)
15:25-15:35	CDR	VHF2 comm session with ISS crew in SM during RGS21 AOS
15:40-16:40	FE-4	Physical Exercise T 2
16:10-17:40	FE-5	Physical Exercise (TVIS), Day 2
16:40-18:10	FE-4	Physical Exercise (ARED)
17:10-18:10	CDR	Physical Exercise (TVIS), Day 1
18:10-18:15	FE-4	Daily Diet Monitoring
18:10-18:15	CDR	Elektron-VM Aerosol Filter Inspection
18:15-19:05		Evening Work Prep
19:05-19:30		Evening Planning Conference (S-band)
19:30-21:25	FE-6	Pre-sleep
19:30-19:35	FE-2	MPC Power Up
19:30-21:30	CDR,FE-3,	Pre-sleep

	<b>FE-5</b> ,FE-4	
19:35-21:25	FE-2	Pre-sleep
21:25-21:30	FE-2	MPC Powerdown
21:25-21:30	FE-6	REACTION Self Test
21:30-06:00		SLEEP
Task List	FE-3	URAGAN. Observations and Photography
	CDR	SEINER World Ocean Observations
	CDR,FE-5	ECON. Observations and Photography

## Notes:

- SM Window #9 shutter opening is at crew discretion w/ Report to MCC
  See OSTP for references to US activities
  Pre-sleep ops: dinner, daily food prep, evening toilet
  End of Radiogram