Attitude Transition (LVLH)

GMT	Crew	Activity
06:00-06:10		Morning inspection
06:10-06:40		Post-sleep
06:40-07:30		BREAKFAST
07:30-07:55	CDR	Prep for work
07:30-08:00	FE-1	
07:55–08:00	CDR	PLANTS-2: payload status check
08:00-08:15		Daily planning conference (S-band)
08:15-08:55	CDR	FGB dust collectors ΠC1 & ΠC2: filter changeout
08:15-08:25	FE-1	VTP config for MSS
08:25-08:45		VTP config for MSS (cont.)
08:55-09:55	CDR	Cleaning of ЦВ fan mesh screens
08:50-09:05	CC 1	CWC adapter hose audit
09:25-09:40	FE-1	GSC audit
09:55–11:25	CDR	Physical exercise (TVIS-1)
10:35–11:05		IWIS data transfer
11:05–11:15	FE-1	Payload status check
11:25–12:25		Physical exercise (TVIS)
11.25-12.25	CDR	FGB gas/fluid heat exchangers (ΓЖТ 1, 2, 3): removable grille cleaning
12:25–13:25		LUNCH
13:25–13:40	FE-1	Private family conference (S-band)
13:30–13:45	CDR	Airflow sensors ИП-1: position check
13:40–13:50	FE-1	CWC audit
13:45–14:25	CDR	SM/Progress TORU test (vehicle-to-vehicle test; no interaction with the Progress ДПО thrusters)
13:50–14:05	FE-1	Food questionnaire
14:05–15:05		PBA/PFE inspect
15:05–15:10		EMU battery discharge (term)
15:10–15:30		EPO telecon
14:30–14:50	CDR	QD screw clamp inspect
15:35–15:40	FE-1	Warning Book P&I update
15:00–15:20	CDR	IMS tagup (S-band)
15:20–16:00	CDR	Maintenance of СОЖ
15:40–17:10	FE-1	Physical exercise (RED)
16:00–16:30	CDR	Transfer of CCA-Γ (docking mechanism) bag from DC-1 to FGB (this activity requires on-the-spot IMS tracking)
16:40–17:40		Physical exercise (VELO + Load Trainer-1 / day 1)
17:10–17:40	FE-1	Transfer of TVIS/RED files to MEC
17:40–18:20	CDR	IMS file prep
17:40–18:05	FE-1	Transfer of HRM files to MEC

18:05–18:20	HRM file erase
18:25–18:40	Daily planning conference (S-band)
18:40–19:05	FD/ISS crew conference (S-band)
19:05–19:30	Daily plan review
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 procedures Task List: CDR: Life on ISS video

End of radiogram