

Progress Attitude Control and Docking Thrusters [??? ???] Dynamic Test

TIME	CREW	ACTIVITY
09:30-09:40		Morning inspection
09:40-10:10		Personal hygiene (post sleep)
10:10-11:00		Breakfast
11:00-11:45	CDR, FE-1	Preparation of ORU for spacesuits
11:00-11:30	FE-2	Work prep
11:45-12:00		DPC
12:00-12:30	FE-2	Renal Stone - urine collection.
12:00-14:00	FE-1, CDR	EVA ODF review. Conference with specialists
12:30-13:30	FE-2	Exercise TVIS
13:30-15:00		Exercise RED
14:00-15:00	CDR	Exercise TVIS – 2
14:00-14:15	FE-1	Private medical conference
14:20-14:45		Renal Stone- end of urine collection for FE-1
15:00-16:00	.	Lunch
16:00-18:30	CDR,FE-1	EVA tools and hardware prep R/g. Conference with specialists. US DVCAM shooting.
16:00-16:30	FE-2	Renal Stone - urine collection.
16:30-17:00	FE-2	Renal Stone - urine collection.
17:00-17:30	FE-2	Renal Stone - urine collection.
17:30-17:40	FE-2	Preparation before mass media session
17:40-18:20	FE-2	??? maintenance
18:20-18:45	FE-2	ISS 4 P/L check
18:30-18:40	CDR	Configuring [????] com assets to the primary set R/g
18:45-19:00	FE-2	RED periodic inspection
18:50-19:02	FE-1, CDR	Video D/L on preparation of EVA tools and hardware (Ku-band). Conference with specialists.
19:00-19:30	FE-2	RED bolts tightening
19:02-19:15	CDR	Private medical conference (S-band)
19:15-19:45	CDR	Exercise RED
19:30-19:45	FE-2	Renal stone- entries in the registrar on food and liquid consumption

19:50-20:10	FE-1, CDR	Pre-EVA comcheck from DC1 (without spacesuits)
20:05-20:10	FE-2	TVIS daily maintenance
20:10-21:10	FE-1	Exercise RED
20:25-20:45	FE-2	Talks with mass media
20:45-21:00	FE-2	Private medical conference (S-band)
21:10-22:00	CDR, FE-1(assistance)	Cardiovascular system [CCC] test during graded cycloergometer exercise. ??=21:30
21:45-22:15	FE-2	IMS delta file D/L prep
22:05-22:15	FE-1, CDR	Video D/L on preparation of EVA tools and hardware (Ku-band). – (backup)
22:45-23:35	CDR(assistance), FE-1	Cardiovascular system [CCC] test during graded cycloergometer exercise. ??=23:05
23:45-00:45	CDR	Exercise RED
23:45-00:40	FE-1	Exercise TVIS
00:40-00:45	FE-1	TVIS daily maintenance
00:45-01:15		Next daily plan familiarization
01:15-01:30		DPC
01:30-02:00		Report prep
02:00-02:30		Dinner
02:30-03:00		Daily food ration prep
03:00-04:00		Personal hygiene (pre sleep)
04:00-12:30		Sleep

Note: Check OSTP for missing American activity links.

End of R/g