Reprogramming YC 21-1 & YC 21-3 Matching Units

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	Prep for work
07:30-08:00	CDR, FE-2	Prep for work
07:45-08:00	FE-1	Regeneration of Φ1 absorption bed in БМП (start)
08:00-08:15		Daily planning conference (S-band)
08:15-09:00	FE-1	Change of S/W version on integrated control panel ИнПУ. Tagup with specialists (if required)
08:15-09:45	CDR	Cleaning of ventilation grilles on interior panels (201, 301, 401 and 116, 231, 316, 431)
08:15-10:15	FE-2	MSG troubleshooting
09:25-10:25	FE-1	Physical exercise (VELO + Load Trainer-1)
09:45-11:00	CDR	FOOT: hardware checkout
10:15-10:20	FE-2	Prep for HAM radio pass
10:20-10:30	= r L-2	HAM radio pass
10:30-12:00	FE-1	Loading v. 7.01 S/W on КЦП1 computers (ЦВМ, ТВМ, УС21)
10:30-11:10	FE-2	Maintenance of СОЖ
11:00-11:15	CDR	Food questionnaire
11:15-12:15	ODIC	Physical exercise (TVIS)
11:15-11:35	FE-2	Renal: taking photographs
11:35-11:50		Food questionnaire
12:15-13:15		LUNCH
13:15-13:30	FE-2	MSG troubleshooting
13:15-13:45	CDR	Defibrillator checkout
13:25-15:55	FE-1	Transitioning КЦП2 and Laptop 2 to new S/W version
13:55-14:40	CDR	FOOT: data transfer to HRF rack
14:40-14:50	OBIN	FOOT: prep for data dump
15:15-15:30	FE-2	MSG troubleshooting
15:20-16:50	CDR	Physical exercise (RED)
15:50-16:50	FE-2	Physical exercise (TVIS)
15:55-16:55	FE-1	SM toilet (АСУ): changeout of E-К pretreat container
16:50-18:15	FE-2	Physical exercise (RED)
16:55-17:10	CDR	FOOT: HRF rack powerdown after data dump
16:55-18:25	FE-1	Physical exercise (TVIS)
17:10-17:35		ACS hatch seal inspection
17:35-17:45	CDR	USOS printer h/w and s/w checkout
17:45-18:15		IMS file prep
18:15-18:45	CDR, FE-2	Daily plan review
18:25-18:45	FE-1	Daily plan review

18:45-19:00	Daily planning conference (S-band)
19:00-19:30	Prep for work
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 activities

End of radiogram