

Routing TV-cable through FGB to set up Ku-band TV downlink

GMT	CREW	ACTIVITY
06:00-06:10	CDR	Morning inspection
06:00-06:10	FE-1	Morning inspection
06:10-06:25		Biochemical urine test
06:10-06:25	CDR	Post-sleep
06:25-06:40		Biochemical urine test
06:25-06:55	FE-1	Post-sleep
06:40-06:55	CDR	
06:55-07:45		BREAKFAST
07:45-08:00		Daily planning conference (<i>S-band</i>)
08:00-08:25	FE-1	TV PAO: Greetings downlink for 175th anniversary of Bauman's Moscow State Technical University (MGTU) To=08:01, T1, T2, T3 from СПП
08:00-08:15	CDR	Work prep
08:15-08:25		TV PAO: Greetings downlink for 175th anniversary of Bauman's Moscow State Technical University (MGTU)
08:25-08:30		Work prep
08:30-12:00		IMS ops: food audit
08:30-08:40	FE-1	NOA (ESANO1). Hardware setup and activation <i>Tagup as necessary (S-band)</i>
08:40-09:10		COЖ maintenance (<i>Inspection of БРПК</i>)
09:10-09:35		NOA (ESANO1). Measurement and close out ops
09:35-13:05		Routing TV-cable through FGB to set up Ku-band TV downlink. <i>Tagup (S--band)</i>
12:00-12:30	CDR	ODF procedure printout
12:30-13:30		Physical Exercise (RED)
13:05-14:05	FE-1	Physical Exercise (VELO+RED) day 4
13:45-13:50	CDR	Camera activation for TVIS video playback
14:00-14:05		On MCC GO: ISS O2 repress from Progress 354 CpПК (Oxygen Supply Facility) (start)
14:05-15:05		LUNCH
15:05-15:30	FE-1	PILOT. Hardware prep and installation. <i>Tagup (S-band)</i>
15:05-15:10	CDR	ISS O2 repress from Progress 354 CpПК (terminate)
15:10-15:15		Camera deactivation after TVIS video playback
15:15-16:15		CWC inspection
15:30-16:15	FE-1	PILOT. Experiment ops. <i>Tagup (S-band)</i>
16:15-16:25	CDR	CWC inventory
16:15-16:30	FE-1	PILOT. Disassemble work site. <i>Tagup (S-band)</i>
16:25-16:40	CDR	Food questionnaire
16:30-16:40	FE-1	Stowing UROLUX hardware
16:40-16:55		Weekly ISS crew conference with the Program management (<i>S-band</i>)
16:55-18:25	FE-1	Physical exercise (TVIS), day 4
16:55-17:00	CDR	EXPRESS Rack 1 - Laptop power up
17:10-17:15		HAM radio hardware set up
17:15-17:25		HAM radio session
17:25-17:40		ISS inventory audit and stowage location verification

17:40-19:10		Physical exercise (CEVIS)
18:25-18:45	FE-1	Report prep
18:45-19:15		Daily plan review
19:10-19:15	CDR	Transfer TVIS, RED, and HRM data to MEC
19:15-19:30		Daily planning conference (<i>S-band</i>)
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