

**Attitude Transition from [PCO] to [OCK]. TV Downlink**

GMT	CREW	ACTIVITY / ODF or Radiogram
06:00-06:10	.	Station inspection (ББП circuit breaker and DC-1 БПП-30, БПП-36 fuse inspection)/ Radiogram 3751
06:10-06:40	.	Post-Sleep
06:40-07:30	.	BREAKFAST
07:30-08:00	.	Work Prep
08:00-08:05	FE-1	PL Status Check
08:00-08:05	CDR	PLANTS-2. Equipment Monitoring / БЗ para.5.14, p. 5-28
08:05-08:20	.	Daily Planning Conference ( <i>S-band</i> )
08:20-08:50	FE-1	Defibrillator Battery Charge
08:50-09:50	.	Orlan spacesuit removable component installation. <i>Tagup w/specialists. (S-band) / Radiogram 8725</i>
09:50-11:20	.	Review of certain EVA operation procedures. <i>Tagup w/specialists</i>
11:20-12:20	CDR	PHYSICAL EXERCISE: TVIS – DAY 3
11:20-12:20	FE-1	PHYSICAL EXERCISE: CEVIS
12:20-12:50	CDR	PHYSICAL EXERCISE: RED
12:20-12:30	FE-1	Defibrillator Battery 1 Charge End and Battery 2 Charge Start
12:50-13:50	.	LUNCH
13:50-16:30	CDR	SM Ventilation Preventive Maintenance. Group B – [BT1], [BTK1], [BT2], [BTK2], BCЭП1, ВГЖТ1, ВГЖТ4, ВПО10, ВПО11, ВПО12, ВПО8, ВПО9 / SM TCS, para. 4.5.2, pp. 4-10 through 4-13.
13:50-15:50	FE-1	EPCS Ghosting.
15:50-15:55	FE-1	Defibrillator Battery 2 Charge End
15:55-16:10	FE-1	Questionnaire – Log Entry
16:10-16:55	FE-1	RED On-Orbit Calibration
16:30-16:50	CDR	IMS File Prep
16:50-16:55	CDR	<b>On MCC Go ISS Repress Using Progress 250 Tanks / SM COГC, para.3.7 pp.3-2 - 3-3</b>
16:55-17:55	CDR	PHYSICAL EXERCISE (VELO+FL-1) – DAY 3
16:55-17:10	FE-1	Defibrillator Battery Voltage Measurement
17:10-18:40	FE-1	PHYSICAL EXERCISE: RED
17:55-18:15	CDR	COЖ Maintenance (ИП-1 Sensor Installation Checkout) / Radiogram 5452
18:15-18:40	CDR	Report Prep
18:40-19:05	CDR	<b>TV Downlink</b> of Oxidizer line Purge ( <i>T<sub>0</sub> = 18:44, T1, T2, T3 from СПП</i> )
18:45-19:15	FE-1	Review of Next Day's Plan
19:10-19:15	CDR	<b>On MCC Go ISS Repress Using Progress 250 Tanks</b>
19:15-19:30	.	Daily Planning Conference ( <i>S-band</i> )
19:30-20:00	CDR	Daily Food Prep
19:30-20:00	FE-1	Report Prep
20:00-20:30	.	DINNER
20:30- 21:30	.	Pre-Sleep
21:30-6:00	.	Sleep

Note: cf. OSTP for missing references to US activities

End of Radiogram