ISS RS Cargo Inventory

GMT	CREW	ACTIVITY
07:00-07:10		Morning inspection
07:10-07:20	FE-1	MO-8. Set-up
07:10-07:20	CDR, FE-2 FE-1	Post-sleep
07:20-07:50		
07:20-07:35	FE-2	Body mass measurement
07:20-07:35	CDR	Biochemical urine test
07:35-07:50		Body mass measurement
07:35-07:50	FE-2	Biochemical urine test
07:50-08:05	CDR, FE-2	Post-sleep
07:50-08:00	FE-1	MO-8. Close-out ops
08:00-08:10		Stow UROLUX equipment
08:05-08:55	CDR, FE-2	DDEAKEVET
08:10-08:50	FE-1	BREAKFAST
08:50-08:55		PLANTS -2. Equipment monitoring
08:55-09:10		Daily planning conference (S-band)
09:10-11:10	CDR, FE-1	ISS RS cargo inventory. Tagup with specialist (S-band)
09:10-09:30		Work prep
09:30-09:50		PUFF – activation
09:50-09:55	FE-2	CO ₂ level readings using carbon dioxide monitor
09:55-10:25		EMU battery charge (init)
10:50-11:10		Pulmonary Function in Flight (PuFF) – initial calibration
11:10-12:00	CDR	Pulmonary Function in Flight (PuFF) – standard test
11:20-11:25		Осмотр разделителя БРПК-2
11:25-11:30	FE-1	PLANTS-2. Data downlink.
11:30-12:10		СОЖ maintenance
12:00-12:50	FE-2	Pulmonary Function in Flight (PuFF) – standard test
12:10-13:10	FE-1	Physical exercise (CYCLE + Load Trainer 1, day 1)
12:10-13:10	CDR	Physical exercise (TVIS)
12:50-13:10	FE-2	Pulmonary Function in Flight (PuFF) – final calibration
13:10-14:10		LUNCH
14:10-14:40		Post-EVA ops crew conference (S-band)
14:40-14:50	CDR	LAB payload status
14:40-15:25	FE-2	PUFF – deactivation and stowage
15:10-15:30	FE-1	MOLNIYA-SM. Install
15:30-17:00		Physical exercise (TVIS, day 1)
15:30-17:00	FE-2 CDR	Physical exercise (RED)
16:45-18:15		
17:00-18:00	FE-2	Physical exercise (TVIS)
17:00-17:15	FE-1	MOLNIYA-SM. Test. Tagup with specialists (УКВ)
17:15-17:25		MOLNIYA-SM. Removal

17:25-18:05		IMS file prep
18:10-18:33		
18:15-18:33	CDR	Daily plan review
18:25-18:33	FE-2	
18:33-18:42	-	Daily planning conference (S-band)
18:45-18:50	CDR	Cable disconnection from RWS
18:50-19:00	FE-2	HRF – power down
19:00-19:30		Work prep
19:30-20:00		DINNER
20:00-20:30		Daily food prep
20:30-21:30		Pre-sleep
21:30-06:00		SLEEP

See OSTP for references to US activities.

End of radiogram