

**March 8<sup>th</sup> holiday greetings to the ladies of Korolev City**

TIME	CREW	ACTIVITY
06:00-06:10	.	Morning inspection
06:10-06:40	.	Post-sleep
06:40-07:30	.	Breakfast
07:30-07:45	.	Work prep
07:45-08:00	.	Daily planning conference ( <i>S-band</i> )
08:00-08:15	.	TV broadcasting prep
08:15-08:30	.	TV greetings to the ladies of Korolev city with March 8 <sup>th</sup> holiday ( <i>Ku+S-band</i> )
08:30-08:45	.	Work prep
08:45-10:45	FE-1	Installation of ФКЦН3-1M Circulators, НП-15-M12B loads, and cables B4 in TV antenna feeder device (TBC)
08:45-09:25	FE-2	Maintenance of COЖ
08:45-09:00	CDR	RED scheduled inspection
09:00-10:30		Physical exercise (RED)
09:25-10:25	FE-2	Physical exercise (TVIS)
10:25-10:30		TVIS weekly maintenance
10:30-14:30	CDR, FE-2	SSRMS ops
10:45-11:15	FE-1	БКО CPB-K2M replacement (use #110104 behind panel 224 FGB)
11:15-11:20		Inspection of БРПК-1 separator
11:30-12:30		Physical exercise (VELO+Load Trainer-1)-day 3
12:30-12:45		PMC (S-band)
12:45-14:15		Physical exercise (TVIS-3)
14:30-15:30	.	Lunch
15:30-16:30	FE-1	PLANTS-2. replacement of root module
15:30-15:45	FE-2	Private medical conference (S-band) (S-band)
15:30-16:30	CDR	FOOT- hardware setup
16:30-17:00		FOOT- EMG calibration hardware prep CDR
16:30-17:30	FE-1	LIV video system: test of video recording from Video Camera 1 w/ simultaneous audio recording from ГНЩК mic
17:00-18:30	FE-2	Physical exercise (RED)
17:00-18:00	CDR	Physical exercise (TVIS)
17:30-18:10	FE-1	IMS file prep
18:15-18:30	CDR	PMC (S-band)
18:20-18:45	FE-1	Daily plan review
18:30-18:45	CDR, FE-2	
18:45-19:00	.	Daily planning conference ( <i>S-band</i> )
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

See OSTP for references to US procedures

End of radiogram