## REGUL-OS Tests • Disabling/Enabling of ВД-СУ Mode / БИТС Power OFF/ON

GMT	CREW	ACTIVITY
06:00-06:10		Morning inspection
06:10-06:40	FE-1 CDR	Post-sleep
06:10-06:30		
06:10-06:50	FE-2	Installation of acoustic dosimeters
06:30-08:00	CDR	FOOT: CDR video ops
06:40-07:30	FE-1	BREAKFAST
06:50-07:10	FE-2	Post-sleep
07:10-08:00		BREAKFAST
07:30-07:55	FE-1	Prep for work
07:55-08:00		PLANTS-2: payload status check
08:00-08:15		Daily planning conference
08:15-08:40	FE-2	Prep for work
08:15-09:15	CDR	FOOT EMG calibration
08:30-10:25	FE-1	PROFILAKTIKA: Load Trainer (HC-1) test
08:40-09:20	FE-2	Maintenance of СОЖ
09:15-10:15	CDR	BREAKFAST
09:20-10:50	FE-2	Physical exercise (RED)
10:15-10:45	CDR	Prep for work
10:50-11:00		Setup for PAO event (T <sub>0</sub> =10:50, T <sub>1</sub> , T <sub>2</sub> , T <sub>3</sub> from automated daily plan (CΠΠ))
11:00-11:15		Comm pass: Space Science: Theory and Reality
11:15-12:45	CDR	Physical exercise (RED)
11:15-12:15	FE-2	Physical exercise (CEVIS)
11:15-12:35	FE-1	FGB 800A Ab2 battery R&R
12:25-12:35	FE-2	Prep for PAO
12:35-12:45	FE-1, FE-2	Prep for PAO
12:45-13:45		LUNCH
13:45-14:05		PAO event: Anniversary of the first STS flight/Cosmonautics Day
14:05-14:15	CDR	Payload status check
14:05-15:35	FE-1	Time synchronization unit 5CB-M1 R&R
14:05-14:25	FE-2	CSA-CP zero calibration
14:15-14:55	CDR	IMS file prep
14:25-14:35	FE-2	CSA-CP activation/deactivation
14:35-14:50		FMK deployment
14:50-15:05		Grab Sampler Container (GSC) Ops
15:00-16:00	CDR	Physical exercise (TVIS)
15:35-15:50	FE-1	БИТС2-12: telemetry cnctr demate/mate
15:35-15:45	- FE-2	EMU battery recharge (term)
15:45-16:15		SAFER checkout
15:50-16:15	FE-1	Daily plan review
16:15-17:15		EVA timeline review

17:15-17:45		EVA tagup (Space-Ground) (S-band)
17:45-18:15	CDR	FOOT-equipment stow
	FE-2	Daily plan review
18:00-18:15	FE-1	Time synchronization unit BCB-M1: post-swap closeout ops
18:15-18:45		Crew Office/ ISS crew conference (S-band)
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
20:30-21:20	FE-2	Pre-sleep
20:30-21:30	FE-1, CDR	
21:20-21:30	FE-2	Acoustic dosimeter data registration
21:30-06:00		SLEEP

Note: See OSTP for references to US procedures End of radiogram