

Suited Exercise. Comm Check and Medical Parameter Test

GMT	CREW	ACTIVITY
13:00-13:10		Morning inspection
13:10-13:40		Post-sleep
13:40-14:30		BREAKFAST
14:30-14:45		Work prep
14:45-15:00		Daily planning conference (<i>S-band</i>)
15:00-15:15		Work prep
15:50-16:00	CDR	Routine inspection of RED
16:00-17:30	CDR	Physical exercise (RED)
16:00-17:30	FE-1	Physical exercise (TVIS), day 2
17:30-17:35	CDR	Transferring TVIS, RED, and HRM data to MEC
17:40-18:10	FE-1	COX maintenance. <i>Inspection of БПТК separator</i>
18:10-18:25	FE-1	Comm config for suited run
18:10-18:25	CDR	Air duct disassembly in DC1
18:25-18:45		Orlan systems check during suited run
18:45-19:00		BCC [Orlan Interface Unit] checkout
19:00-19:30		EVA gear donning
19:30-20:00		Comm check and medical parameter test
20:25-20:40		Orlan ingress / sealing off backpacks
20:40-20:45		Orlan and BCC controls check
20:45-20:50		Orlan and BCC preliminary leak check
20:50-21:05		Orlan fit check at Orlan pressure = 0.4
21:05-21:35		Suited translation exercise
21:35-22:05		Orlan egress
22:05-23:05		LUNCH
23:05-01:15		Post-exercise cleanup ops, air duct assembly
01:15-01:55		Installation of spacesuit replaceable elements before EVA
01:55-02:00	CDR	Oxygen and CO2 status check.
01:55-02:05	FE-1	Post-exercise comm. reconfig for nominal ops
02:00-02:15	CDR	Daily plan review
02:05-02:15	FE-1	
02:15-02:30		Daily planning conference (<i>S-band</i>)
02:30-03:00		DINNER
03:00-03:30		Daily food prep
03:30-04:30		Pre-sleep
04:30-13:00		SLEEP
Task List	FE-1	GCF-JAXA. TBY incubator temperature check

Notes: 1. Note: See OSTP for references to US activities.

2. Tagups with specialists during all EVA prep activities (*S-band, VHF*)

End of radiogram