

**Attitude Change (PCO to OCK)**

GMT	CREW	ACTIVITY
06:00-06:10	FE-1,FE-2	Morning inspection
06:00-06:30	CDR	Post-sleep
06:10-06:40	FE-1,FE-2	
06:30-08:00	CDR	FOOT: CDR video ops
06:40-07:30	FE-1,FE-2	BREAKFAST
07:30-08:00	FE-2	Work prep
07:30-07:55	FE-1	
07:55-08:00		PLANTS-2. Equipment monitoring
08:00-08:15		Daily planning conference ( <i>S-band</i> )
08:15-12:15	FE-1,FE-2	TVIS: transfer case and flywheel case lubrication
08:15-09:15	CDR	FOOT: EMG calibration
09:15-10:15	CDR	BREAKFAST
10:15-10:30	FE-1	Conference with Patriarch Alexis II ( <i>S-band</i> )
10:15-10:45	CDR	Work prep
10:45-12:15	CDR	Physical exercise (RED)
12:15-13:15	CDR	Physical exercise (TVIS)
12:15-13:15	FE-1	Physical exercise (VELO + Force Loader – 1) - 2
12:15-13:15	FE-2	Physical exercise (CEVIS)
13:15-14:15		LUNCH
14:15-15:00	CDR,FE-2	A/L prep
14:40-14:45	FE-1	Inspection of БРПК separator
14:45-15:00		TV MCC-ISS-MCC: private family conference ( <i>KU+S-band</i> )
15:00-15:40		COЖ maintenance
15:00-15:15	CDR	Private medical conference ( <i>S-band</i> )
15:00-15:10	FE-2	Equipment setup/prep for PAO event
15:10-15:15		ACS: CO2 reading
15:15-16:15	CDR,FE-2	EMU Reconfig
15:40-16:20	FE-1	Delta File Downlink Prep
16:15-16:35	CDR	EMU battery recharge (init)
16:20-16:35	FE-2	Private medical conference ( <i>S-band</i> )
16:20-17:50	FE-1	Physical Exercise TVIS - 2
16:35-16:45	CDR	LAB P/L Status Check

16:45-17:00		CCAA Reconfig
16:40-18:10	FE-2	Physical exercise (RED)
17:25-17:45	CDR	CDM battery changeout
17:45-18:15		FOOT: hardware stowage – CDR
17:50-17:55	FE-1	Weekly TVIS maintenance
18:05-18:20		PMC ( <i>S-band</i> )
18:20-18:30		Work Prep
18:30-18:45		Daily Planning Conference ( <i>S-band</i> )
18:45-19:05		Work Prep
19:05-19:15		PAO Event Prep
19:15-19:30		Educational Programming (PAO) ( <i>KU+S-band</i> )
19:30-20:00		Dinner
20:00-20:30		Daily food prep
20:30-21:30		Pre-sleep
21:30-06:00		SLEEP

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