

Pre-EVA Crew Off-Duty

GMT	CREW	ACTIVITY
06:00-06:10	.	Morning Inspection
06:10-06:40	.	Post-Sleep
06:40-07:30	.	BREAKFAST
07:30-08:00	.	Work Prep
08:00-08:15	.	Daily Planning Conference (<i>S-band</i>)
08:15-08:20	CDR	PLANTS-2. Data Downlink
08:30-09:30	.	EVA Timeline Update. <i>Tagup w/specialists (S-band)</i>
09:30-10:30	FE-1	PHYSICAL EXERCISE: TVIS
10:30-12:00	FE-1	PHYSICAL EXERCISE: RED
11:00-12:00	CDR	PHYSICAL EXERCISE: TVIS – DAY 4
12:00-12:15	FE-1	Procedure and Crew Toxic Protection Kit Transfer
12:00-12:30	CDR	PHYSICAL EXERCISE: RED
12:15-12:30	FE-1	Reboot of All PCSs (Weekly)
12:30-13:30	.	LUNCH
13:30-14:00	CDR	Orlan Drinking Water Bag Servicing and Installation
13:30-13:50	FE-1	Video Camera Setup for EVA
13:50-13:55	FE-1	DCP Power Cable Mate
13:55-14:00	FE-1	EPS EVA Config
14:00-14:30	FE-1	Orlan Drinking Water Bag Servicing and Installation
14:00-14:30	CDR	EDV (KOB) Servicing for Elektron
14:30-15:00	CDR	COX Maintenance
14:30-14:45	FE-1	EMU Helmet Light Battery Installation and Checkout
15:00-16:00	CDR	PHYSICAL EXERCISE (VELO+FL-1) – DAY 4
15:00-15:15	FE-1	Private Medical Conference (Ku + S-band)
15:30-15:35	FE-1	Carbon Dioxide Monitoring
15:35-15:50	FE-1	Questionnaire – Log Entry
15:50-16:10	FE-1	ISS Unmanned Config Procedure Printout
16:10-16:25	CDR	Pille Sensor setup for EVA
16:25-16:45	CDR	Cyogem-03M. Transfer from DC1 to SM
16:45-17:00	CDR	Private Medical Conference (Ku + S-band)
17:00-17:10	CDR	Sputnik-SM Ham Radio System Power Down
17:10-17:25	CDR	UROLUX Hardware Setup
17:20-17:25	FE-1	PL Status Check
17:25-17:55	.	Report Prep
17:55-18:25	.	Review of Next Day's Plan
18:25-18:40	.	Daily Planning Conference (<i>S-band</i>)
19:45-20:15	.	DINNER
20:15-20:45	.	Daily Food Prep
20:45-21:45	.	Pre-Sleep
21:45-07:45	.	Sleep

Note: Cf. OSTP for missing references to US activities.

END OF RADIOGRAM