## Suited Exercise • Refill of SM Integrated Propulsion System (ОДУ) From Progress Re-Supply System

GMT	CREW	ACTIVITY
00:00-00:10		Morning inspection
00:10-00:40		Post-sleep
00:40-01:30		BREAKFAST
01:30-01:45		Daily planning conference (S-band)
01:45-02:15	CDR, FE-2	Work prep
01:45-02:10		work prep
02:10-02:15	FE-1	SSRMS cable disconnection
02:15-03:00		ADVASC – nutrient exchange
02:15-02:45	FE-2	COЖ maintenance
02:30-03:55	CDR	Physical exercise (TVIS day 2)
02:45-03:15	FE-2	INTERACTION – data collection
03:00-04:30	FE-1	Physical exercise (RED)
03:15-04:45	FE-2	Physical exercise (VELO + Load Trainer 1 day 2)
03:55-04:35	CDR	INTERACTION – data collection and backup
04:30-04:45	FE-1	Food questionnaire
04:35-04:45	CDR	Comm & tracking config for EVA
04:45-05:05		Checkout of ORLAN systems during suited exercise
05:05-05:20		ORLAN Interface Unit (BCC) checkout
05:20-05:30	CDR, FE-2	Comm setup for suited exercise
05:30-06:00		Comm test / biomed parameter check. Tagup w/ ground specialists
06:00-07:00		LUNCH
07:00-07:05	FE-1	VOA deactivation
07:05-07:35		Gear donning
07:35-07:50	CDR, FE-1	ORLAN ingress. Backpack closure
07:50-07:55		Test of ORLAN/БСС controls
07:55-08:00		Preliminary leak check of ORLAN/GCC
08:00-08:15		ORLAN fit check at P <sub>ORLAN</sub> =0.4
08:15-08:55	CDR, FE-1	Test of ability to move in Orlan and evaluation of crew positioning in DC-1. Tagup w/ ground specialists
08:15-09:10	FE-2	Physical exercise (TVIS day 2)
08:55-09:10	CDR, FE-1	Orlan egress
09:10-11:10		Post-exercise ops
11:10-12:05	FE-1	Physical exercise (CEVIS)

11:10-11:20	FE-2	Post-EVA comm & tracking reconfig
11:10-12:15	CDR	Physical exercise (VELO + Load Trainer 1 day 2)
11:20-11:50	FE-2	IMS file prep
12:05-12:15	FE-1	Daily payload status check
12:15-12:45		Daily plan review
12:45-13:00		Daily planning conference (S-band)
13:00-13:30		Report prep
13:30-14:00		DINNER
14:00-14:30		Daily food prep
14:30-15:30		Pre-sleep
15:30-00:00		SLEEP

## **Notes:**

- 1. See OSTP for references to US activities.
- 2. There may be changes to this form after final comparison

End of radiogram