

ACH-M [SATELLITE NAVIGATION SYSTEM - M] OPS

GMT	CREW	ACTIVITY
06:00-06:10		Morning inspection
06:10-06:40		Post-sleep
06:40-07:30		BREAKFAST
07:30-07:45	CDR	Work prep
07:30-08:00	FE-1	Work prep
07:45-08:00	CDR	Private medical conference with a physical exercise specialist (VHF)
08:00-08:15		Daily Planning Conference (S-band)
08:15-08:45	CDR	GAMMA Blood Pressure Unit check-out <i>Tagup with specialists (S-band)</i>
	FE-1	Shuttle prepack tagup (S-band)
08:45-09:00	CDR	БМП Ф1 Absorption Cartridge regeneration (start) / SM COГC, item 5.3, step 1, p. 5-3
	FE-1	BCAT-3: familiarization
09:00-09:10	FE-1	MSG: activation
09:10-09:25	CDR	CTTC comm assets switchover to the primary string
09:10-10:40	FE-1	Physical Exercise (TVIS)
09:25-10:15	CDR	CPB-K2M Line 1 БРПК Separator R&R (<i>Install separator #306074 or 306075 (CM1PO_1_135_1 bag 249-5). Removed separator – for disposal. Report to MCC installed unit part number</i>)
10:20-10:35		ACH-M HBM-1 software upgrade – connecting Laptop 3 to HBM-1. <i>Tagup with specialists (S-band)</i>
10:35-10:55		IMS update
10:40-11:40	FE-1	Physical Exercise (RED)
10:55-11:25	CDR	COЖ maintenance
11:25-12:00		ACH-M HBM-1 software upgrade. <i>Tagup with specialists (S-band)</i>
11:40-12:15	FE-1	Equipment Search for InSPACE experiment
12:00-13:00	CDR	Physical exercise (VELO + Load Trainer/Cycle 1), day 4
12:15-12:45	FE-1	PFMI/g-LIMIT: setting up specimen
12:45-13:30		PFMI - ops (step 1-6)
13:00-13:10	CDR	ACH-M HBM-1 software upgrade – closeout ops. <i>Tagup with specialists (S-band)</i>
13:10-13:15		On MCC Go ISS O2 repress from Progress 355 CpПК (start)
13:15-14:15		LUNCH
13:30-14:30	FE-1	
14:15-14:20	CDR	ISS O2 repress from Progress 355 CpПК (terminate)
14:20-14:50		Installation of new S/W on LAPTOP3 from floppies (for ACH-M test). <i>Tagup with specialists (S-band)</i>
14:30-14:40	FE-1	PFMI -setting up photo equipment
14:40-14:55		PFMI – photo documenting
14:50-15:25	CDR	Finding equipment to assemble the ACH-M test configuration / r/g 2842
14:55-15:10	FE-1	SPHERES - hardware stowage
15:10-15:25		SPHERES - familiarization with P/L
15:25-16:55	CDR	Equipment search and r/g review to route H2 dump line from Electron CKO
15:25-16:55	FE-1	Shuttle hardware prepack
16:55-17:10		InSPACE tagup (S-band)

16:55-17:55	CDR	Physical Exercise (TVIS) day 4
17:10-18:00	FE-1	Microbiological analysis T+5.
18:00-18:10		PFMI: videotape changeout
18:10-18:35		Evening work prep
18:25-19:15	CDR	Evening work prep
18:35-18:40	FE-1	O2 and CO2 monitoring
18:40-18:45		Transferring TVIS, RED, and HRM data to MEC
18:45-19:15		Evening work prep
19:15-19:30		Daily Planning Conference (<i>S-band</i>)
19:30-20:00		DINNER
20:00-20:30	FE-1	Daily Food Prep
	CDR	Daily Food Prep
20:30-21:30	FE-1	Pre-sleep
20:30-20:45	CDR	БМП Φ1 Absorption Cartridge regeneration (termination)
20:45-21:30		Pre-sleep
21:30-06:00		SLEEP
Task list	CDR	Search for missing hardware

Note: See OSTP for references to US activities.

End of radiogram