

Dynamic Test of Soyuz 216

GMT	CREW	ACTIVITY
06:00-06:10		Morning inspection
06:10-06:40		Post-sleep
06:40-07:30		BREAKFAST
07:30-07:45		Work prep
07:45-08:00		Daily planning conference (S-band)
08:00-08:15		Work prep
10:10-11:10	CDR	Soyuz CУД test before relocation. Tagup (VHF)
10:30-11:30	FE-1	Physical Exercise (TVIS)
11:30-13:00		Physical Exercise (RED)
11:30-13:00	CDR	Physical Exercise (TVIS), day 1
13:00-14:00		LUNCH
15:30-15:45	FE-1	Rebooting all PCS (weekly)
15:45-15:50		Rebooting OCA SSC router
15:50-15:55		Transfer TVIS, RED, and HRM data to MEC
15:55-16:10		Food questionnaire
16:10-16:20		Printing out Q-cards
16:15-17:15	CDR	Physical Exercise (VELO + Force Loader /Cycle 1), day 1
16:20-17:05	FE-1	Shuttle hardware prepack
17:15-17:45	CDR	COЖ maintenance
17:25-17:30	FE-1	Carbon dioxide monitoring
17:30-17:45		Questionnaire - FE-1 journal entry
17:45-18:00		Daily planning conference (<i>S-band</i>)
18:10-18:25		Flight Director / ISS Crew Tagup (<i>S-band</i>)
19:30-20:00		Daily food prep
20:00-20:30		DINNER
20:30-21:30		Pre-sleep
21:30-06:00		SLEEP
Task List	CDR	PLANTS-2. Payload status check
		URAGAN. Observations and photo imagery

Note: See OSTP for references to US activities.
End of radiogram