

MO-5. Post-Docking Ops

GMT	CREW	ACTIVITY
06:00-06:10		Morning inspection
06:10-06:40		Post-sleep
06:40-07:30		BREAKFAST
07:30-07:55		Work prep
07:55-08:10		Daily planning conference (<i>S-band</i>)
08:10-09:15	FE-1	IWIS battery replacement
08:10-08:25	CDR	БМП Φ2 cartridge regeneration (start)
08:25-09:05		Filling EDV [KOB] for Elektron
09:05-09:35		COЖ maintenance
09:35-10:25	CDR	A study of cardiovascular system response to graded cycle ergometer exercise (To=09:54). <i>Tagup with specialists (VHF)</i>
09:35-09:50	FE-1 (assists)	
09:50-10:35	FE-1	Shuttle hardware prepack
10:25-10:55	CDR	ALTCRISS. Card changeout and data dump via OCA. Installation of LDM-ALC-912 card. <i>Tagup with specialists (S-band)</i>
10:35-12:05	FE-1	Physical Exercise (TVIS)
10:55-11:55	CDR	Releasing KURS hardware units (removed from Progress 355) from frame elements
11:55-13:25		Physical Exercise (TVIS), Day 3
12:05-13:05	FE-1	Physical Exercise (RED)
13:05-13:25		Food rations audit
13:25-14:25		LUNCH
14:25-14:40		ISS Crew / Kent Rominger tagup (Astronaut Office) (<i>S-band</i>)
14:40-17:10	FE-1	Shuttle hardware prepack
14:55-15:10	CDR	Taking readings from AOK ГАНК-4М gas analyzer
15:10-15:25		Dismantling Soyuz 218 DM КЛ-152 TV camera (1 unit) for return on ULF1.1
15:25-16:05		On MCC Go: Installing caps on KURS hardware connectors (removed from Progress 354)
16:05-17:05		Removal of separator # 104064 from БРПК #304019 found on 06/21/06 for return on ULF1.1 (if caps are not available, cover with US scotch tape)
17:05-18:05		Physical exercise (VELO + Load Trainer/Cycle 1), day 3
17:10-18:10	FE-1	Installation of FSS
18:05-18:45	CDR	Evening work prep
18:10-18:15	FE-1	Transferring TVIS, RED, and HRM data to MEC
18:15-18:30		O2 level check
18:30-18:45		Questionnaire - journal entry (FE-1)
18:45-19:00		Daily planning conference (<i>S-band</i>)
19:00-19:30	FE-1	Evening work prep
19:00-19:15	CDR	

19:15-19:45	CDR	DINNER
19:30-20:00	FE-1	
19:45-20:15	CDR	Daily Food Prep
20:00-20:30	FE-1	
20:15-20:30	CDR	БМП Φ2 cartridge regeneration (terminate)
20:30-21:30		Pre-sleep
21:30-06:00		SLEEP
Task List	FE-1	IMS update

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