ORLAN Prep for EVA (Day 1)

GMT	Crew	Activity
06:00-06:10		Morning inspection
06:10-06:40		Personal hygiene (post-sleep)
06:40-07:30		BREAKFAST
07:30-08:00		Work prep
08:00-08:15		Daily planning conference (S-band)
08:15-09:25	FE-2	Installation of Orlan spares
08:15–09:10	CDR	installation of Onan spaces
08:15–09:05	FE-1	On-orbit hearing assessment (OHA): setup
09:05–09:25		On-orbit hearing assessment (OHA)
09:10-09:25	CDR	Orlan size adjustment
109:25-10:25	FE-2	
	FE-1	Physical exercise (TVIS)
09:25–10:25	CDR	Orlan/??? leak check and valve functional test
10:25–11:25	FE-2	Offanty ? ? Teak Check and valve functional test
	CDR	Physical exercise (cycle-2)
10:25–11:55	FE-1	Physical exercise (RED)
11:25–12:40	CDR	Physical exercise (TVIS+IRED day 2)
11:25–11:45	FE-2	On-orbit hearing assessment (OHA)
11:55–12:55	L-Z	Physical exercise (TVIS)
11:55–12:10	FE-1	Payload status check
12:15–12:30	FE-1	Private medical conference (S-band)
12:30-12:40	FE-1	PAO setup
12:40-12:55	FE-1	ICE hammer test (setup)
12:40-12:55	CDR	PAO conference with students at GSOC (S-band)
12:55–13:55		LUNCH
13:55–15:15	CDR, FE-2	Installation of Orlan EVA tools. Tagup with ground specialist
14:00–14:15	FE-1	SSAS ops
14:15–14:25	FE-1	ICE hammer test
14:30–14:45	FE-1	FMK deployment
14:45–15:20		Maintenance of ???
15:20–15:30		Prep for PAO media event
15:30–15:50		Educational PAO media event (S-Ku-band)
15:50–16:00	FE-2	Setup for RED
15:50–16:05	FE-1	Grab Sample Container (GSC) sampling
16:10–16:20	CDR, FE-2	Test of BETA-08 ECG lead cable belt using GAMMA oscilloscope
16:20–16:50	CDR, FE-2, FE-1 (assist)	Orlan/??? telemetry test. Orlan comm test / vital signs check
16:50–17:00	FE-1	ICE hammer test
16:50–17:55	FE-2	Physical exercise (RED)

16:50–17:10	CDR	On-orbit hearing assessment (OHA)
17:00–17:40	FE-1	Delta file prep
17:40–17:50	FE-1	ICE hammer test
17:10–17:30	CDR	Video downlink: Orlan EVA tools prep / tagup with ground specialist (S-Ku-band)
17:30–17:45		Private medical conference (S-band)
17:50–18:35	FE-1	On-orbit hearing assessment (OHA): concluding ops
17:55–18:25	CDR	Orlan/??? telemetry test. Orlan comm test / vital signs check (backup
17:55–18:20	FE-2	window)
18:20–18:35		Private medical conference (S-band)
18:25–18:55	CDR FE-1 FE-2	Daily plan review
18:35–18:55		
18:35–18:55		
18:55–19:15		Work prep
19:15–19:30		Daily planning conference (S-band)
19:30–20:00		DINNER
20:00–20:30		Daily food prep
20:30–21:30		Personal hygiene (pre-sleep)
21:30-06:00		SLEEP

NOTES: See OSTP for references to US activities
End of radiogram