

Prep for EVA (USOS)

GMT	CREW	ACTIVITY
06:00-06:10		Morning inspection
06:10-06:25	FE-1	Post-sleep
06:10-06:25	CDR	Biochemical urine test
06:25-06:40	FE-1	
06:25-06:55	CDR	Post-sleep
06:40-06:50	FE-1	Stowing UROLUX hardware
06:50-07:45		BREAKFAST
06:55-07:45	CDR	
07:45-08:00		Work prep
07:45-08:00	FE-1	Conference with participants of XIII International Space Olympiad for School Students (<i>S-band</i>)
08:00-08:15		Daily planning conference (<i>S-band</i>)
08:15-08:30	FE-1	Work prep
08:15-08:30	CDR	
08:30-09:00	CDR, FE-1 assists	Periodic Health Status
09:00-09:30	CDR assists, FE-1	
09:30-10:30	FE-1	Troubleshooting main pump in Elektron system. Tagup with specialists (<i>S-band</i>)
09:30-09:55		Periodic health status (PHS) data logging
09:55-10:10	CDR	PHS hardware stow
10:10-10:25		Crew time for adaptation and ISS familiarization
10:25-10:55		Defibrillator Battery 1 charge start
10:30-10:40	FE-1	NOA (ESANO1). Hardware setup and activation
10:40-10:55		IMS tagup (<i>S-band</i>)
10:55-11:55	CDR	Physical exercise (CEVIS)
11:10-11:35	FE-1	NOA (ESANO1). Measurement and close out ops
11:55-13:25		Physical Exercise (TVIS), day 3
11:55-13:25	CDR	Physical Exercise (RED)
13:25-13:30		Transfer TVIS, RED, and HRM data to MEC
13:30-14:30		LUNCH
14:30-14:40	CDR	Terminate defibrillator battery 1 charge. Start battery 2 charge
14:30-15:30	FE-1	Crew time for adaptation and ISS familiarization
15:00-15:30	CDR	Prep for SAFER OBT
15:30-16:30		SAFER CBT
16:30-17:30		EMU C&W OBT
17:30-18:30	FE-1	Physical exercise (VELO + Load Trainer/Cycle 1), day 3
17:30-18:00	CDR	Crew time for adaptation and ISS familiarization

18:10-18:15		Terminate defibrillator battery 2 charge
18:15-18:30		Questionnaire - journal entry
18:30-18:45		Daily planning conference (<i>S-band</i>)
18:55-19:15	FE-1	Daily plan review
19:00-19:25	CDR	Daily food prep
19:15-19:40	FE-1	
19:25-19:40	CDR	Measuring defibrillator battery voltage
19:40-19:55		Flight Director / ISS Crew Tagup (<i>S-band</i>)
19:55-20:25		DINNER
20:25-21:30		Pre-sleep
21:30-06:00		SLEEP
Task list	FE-1	On MCC GO: ISS repress with O2 from Progress 354 CpПК
		IMS file prep

See OSTP for references to US activities.

End of radiogram