

Attitude change from LVLH to XPOP

GMT	Crew	Activity
07:30-07:40	.	Morning inspection
07:40-08:10	.	Post-sleep
08:10-09:00	.	BREAKFAST
09:00-09:10	.	Prep for work
09:10-09:25	.	Daily planning conference (<i>S-band</i>)
09:25-09:45	.	Prep for work
09:45-09:55	CDR	Molnia-SM LSO – equipment power down
09:45-10:20	FE-1	СОЖ maintenance
09:55-10:15	CDR	РЕЛАКСАЦИЯ. Equipment removal
10:20-11:20	.	EMU 3005 interim checkout prep.
11:20-13:20	.	EMU 3005 interim checkout
13:20-14:20	.	LUNCH
14:20-15:20	.	EMU 3005 interim checkout
15:20-16:20	.	EMU 3005 interim checkout completion
16:20-17:20	CDR	Physical Exercise (VELO + Load Trainer-1 / day 1)
16:20-17:35	FE-1	Physical Exercise – TVIS
17:20-18:50	CDR	Physical Exercise - TVIS – 1
17:35-18:50	FE-1	Physical Exercise – RED
18:50-19:05	.	Daily planning conference (<i>S-band</i>)
19:05-19:15	FE-1	EXP. 7 Payload status check.
19:05-19:15	CDR	Gas analyzer stow in Soyuz 212
19:30-20:00	.	Daily food prep
20:00-20:30	.	DINNER
20:30-21:30	.	Pre-sleep
21:30-06:00	.	SLEEP

Note: See OSTP for references to US activities

End of radiogram