

**SUITED EXERCISE**

GMT	CREW	ACTIVITY
13:00-13:10	.	Morning inspection
13:10-13:40	.	Post-sleep
13:40-14:30	.	BREAKFAST
14:30-14:40	.	Work prep
14:40-14:55	.	Daily Planning Conference ( <i>S-band</i> )
14:55-15:15	CDR	Work prep
14:55-15:05	FE-1	Work prep
15:05-16:35	FE-1	Physical Exercise (CEVIS)
15:35-16:05	CDR	COX maintenance
16:05-17:35	CDR	Physical Exercise (TVIS), day 4
16:35-17:35	FE-1	Physical Exercise (RED)
17:35-17:50	FE-1	Air duct disassembly in DC1 ( <b>skip fan B3 dismantling</b> )
17:35-17:50	CDR	Comm config for suited run
17:50-18:10	.	Orlan systems check-out during suited run
18:10-18:25	.	BCC [Orlan Interface Unit] checkout
18:25-18:55	.	EVA gear donning
18:55-19:25	.	Comm check and medical parameter test
19:25-19:40	.	Orlan ingress, sealing off backpacks
19:40-19:45	.	Orlan and BCC controls check-out
19:45-19:50	.	Orlan and BCC preliminary leak check
19:50-20:05	.	Orlan fit check at Orlan pressure = 0.4
20:05-21:00	.	Suited translation exercise
21:00-21:30	.	Orlan egress
21:30-21:35	CDR	<b>On MCC Go</b> ISS O2 repress from Progress 356 CpПK (start)
21:35-22:35	.	LUNCH
22:35-22:40	FE-1	BCAT-3: camera checkout
22:35-22:40	CDR	ISS O2 repress from Progress 356 CpПK (terminate)
22:40-00:50	.	Post-exercise closeout ops, air duct assembly
00:50-01:30	.	Installation of spacesuit replaceable elements before EVA
01:30-01:40	CDR	Post-exercise comm. reconfig for nominal ops
01:30-01:35	FE-1	Transferring TVIS, RED, and HRM data to MEC
01:35-01:40	FE-1	O2 and CO2 monitoring
01:40-02:15	CDR	Evening work prep. PAYLOAD SERVER (БСПН). Synchronization
01:40-02:15	FE-1	Evening work prep
02:15-02:30	.	Daily Planning Conference ( <i>S-band</i> )
02:30-03:00	.	DINNER
03:00-03:30	.	Daily food prep
03:30-04:30	.	Pre-sleep
04:30-13:00	.	SLEEP

**Note: 1.** See OSTP for references to US activities.

2. Tagups with specialists (*VHF, S-band*) during all EVA-16 prep activities

End of Radiogram