

CTTC Scheduled Maintenance

GMT	CREW	ACTIVITY / ODF or Radiogram
06:00-06:10	.	Morning Inspection
06:10-06:40	.	Post-Sleep
06:40-07:30	.	BREAKFAST
07:30-08:00	.	Work Prep
08:00-08:15	.	Daily Planning Conference (<i>S-band</i>)
08:15-11:15	.	CTTC Scheduled Maintenance (LF loop and VHF receiver health checkout)
11:15-12:15	CDR	PHYSICAL EXERCISE: TVIS
11:15-12:15	FE-1	Inventory of Hardware Plugged into ISS RS Receptacles
12:15-13:15	FE-1	PHYSICAL EXERCISE (VELO+FL-1) – DAY 2
12:15-13:15	CDR	Crew Time Reserved for Adaptation and Station Familiarization
13:15-14:15	.	Lunch
14:15-14:25	FE-1	Comm CTTC Switch Over to Backup String
14:15-14:20	CDR	Soyuz 7 (Expedition 8) PL Status Check
14:20-14:25	CDR	CSA-CP O2 Reading
14:25-14:55	FE-1	Crew Medical Restraint System - Checkout
14:25-15:25	CDR	
14:55-15:15	FE-1	Delta File Downlink Prep
15:15-15:45	FE-1	COX Maintenance
15:30-16:00	CDR	LAB Hardware Plug-In Plan Reconfig
15:45-16:45	FE-1	Crew Time Reserved for Adaptation and Station Familiarization
16:00-17:00	CDR	EarthKAM – Setup, Activation
16:45-18:15	FE-1	PHYSICAL EXERCISE TVIS – DAY 2
17:00-18:30	CDR	PHYSICAL EXERCISE: RED
18:15-18:40	FE-1	Review of Next Day's Plan
18:30-18:40	CDR	
18:40-18:55	.	Daily Planning Conference (<i>S-band</i>)
18:55-19:00	.	Review of Next Day's Plan
19:00-19:30	.	Report Prep
19:30-20:00	.	DINNER RENAL – Pill Ingestion
20:00-20:30	.	Daily Food Prep
20:30-21:30	.	Pre-Sleep
21:30-06:00	.	Sleep

Task List	FE-1	Search for Equipment
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Note: Cf. OSTP for missing references to US activities.

End of Radiogram