Shuttle STS-133/ULF5 Undocking From ISS

GMT	CREW	ACTIVITY
08:25-08:35	CDR, FE-1,FE- 2 ,FE-5	Morning Inspection
08:25-08:30	FE-4	Elektron-VM Aerosol Filter Inspection
08:25-08:35	FE-6	Morning Inspection
08:30-08:45	FE-4	On MCC GO БΜΠ Φ1 Absorption Cartridge Regeneration (start)
08:35-09:05	CDR, FE-1,FE-2 , FE-5,FE-6	Post-sleep
08:45-09:15	FE-4	Post-sleep
09:05-09:55	CDR, FE-1,FE-2 , FE-5,FE-6	BREAKFAST
09:15-10:10	FE-4	BREAKFAST
09:55-10:10	FE-5,FE-6	Work Prep
09:55-10:10	CDR,FE-1,FE-2	Work Prep
10:10-10:25		Daily Planning Conference (S-band)
10:20-11:10	FE-1	Crew Departure Prep
10:25-11:05	FE-2	Auxiliary Laptop Anti-Virus Update (RSS1,RSK1,RSK2,RSE1)
10:25-11:25	FE-4	Physical Exercise (ARED)
10:40-11:40	CDR	Physical Exercise T 2
10:55-11:35	FE-6	BPSMU Stowage
11:10-12:05	FE-2, FE-1 - assists	LBNP Exercise (PRELIMINARY). Tagup with specialists (VHF)
11:25-12:05	FE-4	Symbolic Activity Preparation
11:50-12:10	CDR,FE-5	PMA2 Departure Config
12:05-12:45	FE-1,FE-2,FE-4	Symbolic Activity Russia's Postal Service
12:10-12:30	CDR	PMA2 Depress
12:45-12:55	FE-4	Restore nominal comm config after Shuttle undocking
12:45-13:40	FE-1, FE-2 - assists	LBNP Exercise (PRELIMINARY). Tagup with specialists (VHF)
12:45-13:35	CDR,FE-5	PMA2 Depress
12:50-13:10	FE-6	Undocking Photo/TV
13:00-13:40	FE-4	СОЖ Maintenance
13:05-14:35	FE-6	Physical Exercise (ARED)
13:40-14:20	FE-1,FE-2,FE-4	Symbolic Activity Russia's Postal Service. Special Postmark Stamp
14:05-14:20	FE-5	Private Family Conference
14:20-14:25	FE-4	IZGIB -DAKON. Payload Status Check
14:20-14:35	FE-2	Private Medical Conference (S-band)
14:20-15:55	FE-1	Cargo Prepack For Return In Soyuz 701 DM
14:20-14:40	CDR	PMA2 Leak Check (start)
14:25-14:55	FE-4	IZGIB -DAKON. Copy data to USB, clear archive, downlink data to the ground
14:35-16:05	FE-5	Physical Exercise (ARED)
14:55-15:05	FE-4	IZGIB-DAKON. Hardware Deactivation

15:00-16:00	FE-2	Physical Exercise (TVIS), Day 1
15:05-15:40	FE-4	IDENTIFICATION. Copy ИМУ-Ц micro-accelerometer data to laptop
15:10-15:25	CDR	Private Family Conference
15:30-16:00	FE-6	Node 2 Duct Removal
15:40-16:00	CDR	Terminate PMA2 Leak Check and Teardown the Setup
15:45-16:00	FE-4	Private Medical Conference (S-band)
16:00-17:00	CDR, FE-1 , FE-2 , FE-4 ,FE-6	LUNCH
16:10-17:10	FE-5	LUNCH
17:00-17:50	FE-1,FE-2,FE-4	24P Symbolic Activity
17:30-17:45	FE-6	Private Family Conference
17:45-19:15	CDR	Physical Exercise (ARED)
17:50-18:50	FE-1	Physical Exercise (TVIS), Day 1
17:50-19:15	FE-4	Physical Exercise (VELO), Day 2
17:50-19:20	FE-2	Cargo Prepack For Return In Soyuz 701 DM
18:15-19:15	FE-5	Physical Exercise (CEVIS)
18:15-19:15	FE-6	Physical Exercise T 2
18:50-19:05	FE-1	Private Medical Conference (S-band)
19:15-19:20	FE-4	Elektron-VM Aerosol Filter Inspection
19:20-19:35		Daily Planning Conference (S-band). Soyuz 701 Loading Status Report
19:35-21:35	CDR, FE-1 , FE-2 , FE-5,FE-6	Pre-sleep
19:35-20:30	FE-4	Pre-sleep
20:30-20:45	FE-4	БМП Ф1 Absorption Cartridge Regeneration (termination)
20:45-21:35	FE-4	Pre-sleep
21:35-06:00		SLEEP

Notes:

- SM Window #9 shutter opening is at crew discretion w/ Report to MCC
 See OSTP for references to US activities
- 3. Pre-sleep ops: dinner, daily food prep, evening toilet End of Radiogram