ISS4/ISS5 Crew Handover / REGUL String 3 Test

GMT	CREW	ACTIVITY
09:50-11:20	ISS4	Post-sleep
09:50-10:00	ISS5	Morning inspection
10:00–10:30		Post-sleep
10:30–11:20		BREAKFAST
11:40–11:55		Daily planning conference (S-band)
11:55–12:05		Prep for work
12:05–12:55	CDR/ISS5	MPLM cargo transfer
	FE-1/ISS5, FE-1	MBS installation (ISS)
12:05–12:40	FE-2/ISS5	??? maintenance
12:40-12:55		Daily payload status check
12:10–13:10	FE-2, CDR	MPLM cargo transfer
12:55–13:30	FE-2/ISS5, CDR/ISS5 (assist)	HDTV. Crew video for medical evaluation
12:55–15:15	FE-1	
12:55–15:45	FE-1/ISS5	MPLM cargo transfer
13:10–14:15	CDR	
13:10–13:20	FE-2	Middeck return cargo status check
13:20-13:40	L-Z	UF2 Laptop changeout
13:30–14:25	CDR/ISS5	Active rest
13:30–17:15	FE-2/ISS5	MPLM cargo transfer
13:40–13:55	FE-2	PCS SWAP
13:55–16:15	L-Z	MPLM cargo transfer
14:15–15:15	CDR	Physical exercise (TVIS)
14:25–14:40	CDR/ISS5	Regeneration of ? 2 absorption bed in ??? (end)
14:40–17:15	00101000	MPLM cargo transfer
15:15–16:15	FE-1	Physical exercise (TVIS)
15:15–17:15	CDR	MPLM cargo transfer
16:15–17:00	FE-1	Wil EW Sargo transfer
16:15–17:15	FE-2	Physical exercise (TVIS)
	FE-1/ISS5	Physical exercise (CEVIS)
17:00–17:15	FE-1	Prep for PAO event
17:15–18:10		MEAL
18:10–18:20		PAO event: crew handover ceremony (Ku-band)
18:30–19:25		EVA procedure review
19:25–20:25	FE-1/ISS5, FE-1	MPLM cargo transfer
19:25–23:05	CDR/ISS5 CDR FE-2/ISS5	
19:25–22:05		
19:25–21:25		

19:25–20:25	FE-2	Physical exercise (TVIS)
20:25–23:05	FE-2, FE-1/ISS5	MPLM cargo transfer
20:25–21:25	FE-1	Physical exercise (TVIS)
21:25–23:00		MPLM cargo transfer
21:25–22:05	FE-2/ISS5	IMS file prep
22:05–23:05	CDR	Physical exercise (TVIS)
	FE-2/ISS5	Active rest
23:00–23:05	FE-1	Pre-return BPS status check
23:05–23:20		Daily planning conference (S-band)
23:20–23:40	CDR/ISS5	DINNER
23:20–23:50	FE-2/ISS5	
23:20-00:20	FE-2	Pre-sleep
23:40–23:50	CDR/ISS5	Private medical conference (S-band)
23:50-00:00	FE-2/ISS5	
23:20-01:20	CDR, FE-1	Pre-sleep
23:35–00:05	FE-1/ISS5	DINNER
23:50-00:05	CDR/ISS5	
00:05–00:35	ISS5	Daily food prep
00:20-00:35	FE-2	Private medical conference (S-band)
00:35–01:20		Pre-sleep
	ISS5	Pre-sleep
00:40-00:50	FE-1/ISS5	Private medical conference (S-band)
01:20-09:20		SLEEP

Note: See OSTP for references to US activities.

End of radiogram