EVA SUIT PREPARATION

GMT	CREW	ACTIVITY
06:00-06:10	CDR,FE-1	Morning Inspection
06:00-06:05	FE-2	Taking Biphosphanate Tablets
06:05-06:10	FE-2	SLEEP Data Logging
06:10-06:30	FE-1	Post-sleep
06:10-06:40	CDR	Post-sleep
06:10-06:30	FE-2	Blood Analysis Using Portable Clinical Blood Analyzer (PCBA)
06:30-07:00	FE-2	Periodic Health Status
06:30-07:00	FE-1 assists	
06:40-07:30	CDR	BREAKFAST
07:00-07:10	FE-2	Morning Inspection
07:00-07:10	FE-1	
07:10-07:25	FE-2	Post-sleep
07:10-07:50	FE-1	BREAKFAST
07:25-07:35	FE-2	Set up video equipment to film ARED exercise
07:30-07:50	CDR	Work Prep
07:35-07:50	FE-2	Private Psychological Conference (Ku+S-band)
07:50-08:05		Daily Planning Conference (S-band)
08:05-08:35	FE-1	Work Prep
08:05-08:20	FE-2	Post-sleep
08:05-08:15	CDR	Work Prep
08:20-09:10	FE-2	BREAKFAST
08:20-08:50	CDR	PILLE Dosimeter Reading
08:50-09:20	CDR,FE-1	MO-6. Hand Ergometry. T0=09:02 . Tagup with specialists (VHF)
09:10-09:50	FE-2	Periodic Health Status (PHS) Data Entry and Hardware Stow
09:20-10:00	CDR,FE-1	Activation and Inspection of Orlan-MK Spacesuits #5 and #6 Comm Config for DC1 Ops
09:50-10:10	FE-2	Start BSA Battery Charge
10:00-10:20	CDR,FE-1	EVA Equipment Setup
10:15-10:25	FE-2	WRS Water Sample Analysis
10:25-11:40	FE-2	Physical Exercise (ARED)
10:30-11:00	CDR,FE-1	MO-6. Hand Ergometry To=10:36. Tagup with specialists (VHF)
11:00-11:20	CDR	ПхО БСС Checkout
11:00-11:25	FE-1	DC1 ECC [Orlan Interface Unit] Checkout
11:20-11:50	CDR	ПхО БСС Water Cooling System Separation
11:25-11:45	FE-1	Installation of Russian Lights on Orlan-MK Suit #6
11:40-12:55	FE-2	Physical Exercise (TVIS)
11:45-12:40	FE-1	Physical Exercise (VELO)
12:00-13:00	CDR	Physical Exercise (ARED) day 4
12:40-13:00	FE-1	TEPC Relocation
12:55-13:00	FE-2	EHS GC/DMS Ops Start
13:00-14:00		LUNCH

14:00-14:10	FE-2	TOCA Data Transfer
14:00-14:10	CDR	Check for coolant leak on replaceable half-coupling 4ГБ4 in loop КОБ2
14:10-14:55	FE-2	Removal of Temporary Sleep Station (TESS)
14:15-14:30	CDR	Zveno Software Installation On RSE2 Laptop
14:30-15:30	CDR,FE-1	Orlan Spacesuit and Orlan Interface Unit [BCC] Cooling Loop Separation in DC1
14:55-15:55	FE-2	Temporary Crew Quarters (CQ) Installation: set up CWC-lodine bags and restraints in JPM for crew sleep station
15:30-15:50	FE-1	Installation of Spacesuit Telemetry Unit [БРТА] on Orlan-MK #6 Backpack
15:30-16:10	CDR	СОЖ Maintenance
15:50-16:10	FE-1	Installation of Backup 5K-3 Tank on Orlan-MK #6
15:55-16:35	FE-2	WHC Protective Cover Installation
16:10-17:30	CDR,FE-1	Orlan Replaceable Elements Ops Return to nominal configuration
17:00-17:30	FE-2	CBEF Dehumidifier Removal
17:30-19:00	CDR	Physical Exercise (TVIS), day 4
17:30-17:40	FE-2	CBEF Fan Rotation
17:30-19:00	FE-1	Physical Exercise (ARED)
17:40-18:00	FE-2	IMS Update
18:00-18:05	FE-2	EHS GC/DMS Ops Terminate
18:05-19:00	FE-2	Evening Work Prep
19:00-19:15		Daily Planning Conference (S-band)
19:15-19:30	CDR,FE-1	Evening Work Prep
19:15-19:20	FE-2	Transfer TVIS, CEVIS, and HRM data to MEC
19:20-19:25	FE-2	Stow video equipment used for ARED exercise video
19:25-19:30	FE-2	Evening Work Prep
19:30-21:30	FE-1,FE-2	Presleep (dinner, daily food prep, evening toilet)
19:30-21:20	CDR	
21:20-21:30	CDR	SONOCARD. Experiment Run Start
21:30-06:00		SLEEP
Task List	CDR	URAGAN. Observations and Photography

Notes: 1. SM Window #9 shutter opening is at crew discretion w/ Report to MCC

2. See OSTP for references to US activities.
End of Radiogram