

GMT	CREW	ACTIVITY
08:20-08:30		Morning inspection
08:30-09:00		Post – sleep
09:00-09:50		Breakfast
09:50-10:20		Work prep
10:20-10:35		DPC (<i>S-band</i>)
10:35-10:40	CDR	Connecting UOP bypass cable to display and control panel
10:35-11:10	FE-1	Pressure check in onboard Oxygen tank (БК-3) and Portable Repress tank (БНП)
11:10-11:30		In-training Orlan systems check. <i>Tag up (S-band)</i>
11:30-11:45		Interface unit (БСС) systems check
11:45-11:55		ПКО-БЕТА 08 biomed harness check via "Гамма" hardware
11:55-12:25		Comm. setup. Orlan and Orlan Interface Unit (БСС) telemetry check. Comm. check and medical parameters check via Orlan. <i>Tag up (S-band)</i>
12:35-13:25	FE-1	Air duct removal in DC and Soyuz Orbital Module (EO) prior to training
13:25-13:30	FE-1	Soyuz comm. assets prep
13:30-13:35	FE-1	Incomplete closure of EO-CY hatch
13:35-14:35		LUNCH
15:40-16:10	FE-1 CDR–assist	Donning EVA gear
16:10-16:25	FE-1 CDR–assist	Entry into Orlans, sealing backpacks
16:25-16:30	FE-1 CDR–assist	Orlan and БСС controls check. <i>Tag up (S-band)</i>
16:30-16:35	FE-1 CDR–assist	Orlan and БСС preliminary leak check
16:35-16:50	FE-1	Orlan fit check at Orlan pressure=0.4
16:45-16:50	CDR	Orlan repress
16:50-17:30	FE-1 KЭ-assist	Translation training in Orlans from DC1 to Soyuz Orbital Module (EO). <i>Tag up (S-band)</i>
17:30-17:45	FE-1 CDR–assist	Exit from Orlan
17:45-19:45		Post-training activities
19:45-20:25	FE-1	DC1 and Soyuz COTP return to initial configuration after training
20:25-20:50		Daily plan review
20:50-21:05		DPC (<i>S-band</i>)
21:05-21:35		DINNER (RENAL – pill ingestion)
21:35-22:05		Daily food prep
22:05-23:00		Pre-sleep
23:00-08:30		Sleep

Note: check OSTP for references to US activities

End of r/g