Attitude Transition (??? to ???) / Onboard Time Update

GMT	Crew	Activity
06:00-06:10		Morning inspection
06:10-06:40	FE-1	
06:10-06:25	FE-2	Post-sleep
06:10-06:35	CDR	
06:25-06:35	FE-2	? ? -8: setup
06:35–06:50	CDR	? ? -8: Body mass measurement
06:35-06:50	FE-2	Post-sleep
06:40-07:30	FE-1	BREAKFAST
06:50-07:05	FE-2	? ? -8: Body mass measurement
06:50-07:30	CDR	BREAKFAST
07:05–07:15	FE-2	? ? -8: closeout ops
07:15–07:45		BREAKFAST
07:30-07:45	CDR, FE-1	Prep for work
07:45-08:00		Daily planning conference (S-band)
08:00-08:15	CDR, FE-2	IMS tagup
08.00-08.13	FE-1	Prep for work
08:15–09:15	F = 1	ISS crew orientation
08:15–10:45	CDR, FE-2	Checkout of audio path and comm. stations in SM
09:15–10:15	FE-1	Physical exercise (TVIS)
10:15–11:45	F = 1	Physical exercise (RED)
10:45–12:15	CDR	Physical exercise (VELO+RED day 1)
10:45–11:25	FE-2	Maintenance of ???
11:35–12:35		Physical exercise (TVIS-1)
11:45–12:05	FE-1	LAB STBD CCAA reconfig
12:05–12:35		Microgravity Science Glovebox (MSG) R&R
12:35–13:35		LUNCH
13:35–14:20	FE-1	HRF: GASMAP: Pulmonary Function in Flight (PuFF): setup and powerup
13:35–14:35	CDR, FE-2	ISS crew orientation
14:20–14:35	FE-1	Private family conference (S-band)
14:35–14:50		Food questionnaire
14:50–15:10	FE-1	Pulmonary Function in Flight (PuFF): initial calibration
14:55–15:10	CDR	Daily payload status check
15:00–16:30	FE-2	Physical exercise (???? +RED day 1)
15:10–15:50	CDR	Pulmonary Function in Flight (PuFF): standard test (CDR)
15:10–15:40	FE-1	Test activation of blood pressure monitor (BP) and electrocardiograph
15:40–15:50		Setup/prep for PAO event
15:50–16:30		Pulmonary Function in Flight (PuFF): standard test (FE-1)
16:30–16:40		Prep for PAO event
16:40–17:00		Educational PAO event (NASA/Iowa Connection project) (Ku+S-band)

17:00–17:40	FE-2	IMS file prep
17:00–17:20	FE-1	Pulmonary Function in Flight (PuFF): final calibration
17:10–17:15	CDR	Inspection of ????-2 separator
17:15–18:15		Physical exercise (TVIS-1)
17:20–18:20	FE-1	HRF: GASMAP: Pulmonary Function in Flight (PuFF): powerdown
18:15–18:45	CDR, FE-2	Daily plan review
18:20–18:45	FE-1	Daily plan review
18:45–19:00		Daily planning conference (S-band)
19:00–19:30		Report prep
19:30–20:00		DINNER
20:00–20:30		Daily food prep
20:30–21:30		Pre-sleep
21:30–06:00		SLEEP

Note: See OSTP for references to US activities

End of radiogram