PREPARATION FOR EVA. MEDICAL EXAMINATION.

GMT	CREW	ACTIVITY
06:00-06:10		Morning Inspection
06:10-06:25	CDR	Biochemical Urine Test
06:10-06:40	FE-1	Post-sleep
06:10-06:25	FE-2	Post-sleep
06:25-06:40		Biochemical Urine Test
06:25-06:55	CDR	Post-sleep
06:40-06:55	FE-1	Biochemical Urine Test
06:40-06:55	FE-2	Post-sleep
06:55-07:45		BREAKFAST
07:45-08:15		Prep for Work
08:30-10:00	CDR	Physical Exercise (RED)
08:30-09:20	FE-1	Pille Dosimeter Reading
09:20-09:35		Setting up PILLE dosimeters for EVA
09:25-10:25	FE-2	Physical Exercise (TVIS)
10:00-11:00	CDR	Physical Exercise (CEVIS)
10:25-11:55	FE-2	Physical Exercise (RED)
10:25-11:55	FE-1	Physical Exercise (TVIS), day 4
11:55-12:55		Physical Exercise (VELO+RED), day 4
12:25-12:55	CDR	DCS 760 camera config for EVA
12:55-13:55		LUNCH
13:55-14:15	CDR,FE-2	EMU LIOH Installation
13:55-14:35	FE-1	СОЖ Maintenance
14:15-14:20	FE-2	PAO Hardware Setup
14:20-14:30		Crew prep for PAO
14:30-14:50	CDR,FE-2	PAO Event (S + Ku-band)
14:50-15:35		AL Config
14:55-15:10	FE-1	Private Medical Conference (S + Ku-band)
15:15-15:35	L-1	IMS Update
15:35-16:20		EVA tagup with MCC (S+Ku-band)
16:20-16:25	CDR	HAM Radio Powerdown in SM
16:20-16:30	FE-2	MELFI Stage 10A Icepac Insertion
16:30-16:35	L-Z	Transfer TVIS/RED/CEVIS/HRM data to MEC
16:40-17:05	FE-1	
16:50-17:25	CDR	Evening work prep
16:50-17:10	FE-2	
17:10-17:25	FE-2	Pre-EVA Private Medical Conference (S + Ku-band)
17:10-17:40	FE-1	Study of Cardiac Bioelectric Activity at Rest (To=17:23). Tagup (VHF)
17:25-17:40	FE-2	Evening work prep
17:25-17:40	CDR	Pre-EVA Private Medical Conference (S + Ku-band)
17:40-17:55		Daily Planning Conference (S-band)
17:55-18:20	FE-2	Evening work prep

17:55-18:30	FE-1	
17:55-18:15	CDR	
18:15-18:20	CDR	DCS battery charging
18:20-18:50	CDR,FE-2	Daily Food Prep
18:35-19:00	FE-1	Congratulations to Major General S. A. Derepko on his appointment as Chief of the Military Financial & Economic Academy (To=18:36, T1,T2,T3 – from Flight Program)
18:50-19:20	CDR,FE-2	DINNER
19:00-19:30	FE-1	DINNER
19:20-19:50	CDR,FE-2	Pre-sleep
19:30-19:50	FE-1	Daily Food Prep
19:50-20:35		EVA Campout Prebreathe
19:50-21:00	CDR,FE-2	EVA Campout Prebreathe
20:35-21:25	FE-1	Pre-sleep
21:00-21:30	CDR,FE-2	Pre-sleep
21:25-21:30	FE-1	Egress Node 2 prior to EVA 11
21:30-06:00		SLEEP

Note: 1. See OSTP for references to US activities.
2. SM Window #9 shutter opening is at crew discretion
End of Radiogram