TV System Setup for Docking/Undocking • EVA • Weekly Station Cleanup

GMT	CREW	ACTIVITY
07:00-07:10		Morning inspection
07:10-07:40		Post-sleep
07:40-08:30		BREAKFAST
08:30-11:25		Weekly station cleanup
11:25-11:40	CDR, FE-2	LIV camcorder No. 2 setup for TV session (T ₀ =11:22)
11:40-11:50		TV session: 45 th anniversary of the founding of the Main Testing Center
11:50-12:50	FE-2	Physical exercise (VELO + Load Trainer, day 4)
11:50-13:20	CDR	Physical exercise (TVIS + Active Rest, day 4)
13:20-13:50		Weekly planning conference (S-band)
13:50-14:50		LUNCH
14:50-15:20	-CDR, FE-1	Ku-band video configuration for Progress and Soyuz docking/undocking and EVA
15:20-15:50		TEST TV signal transmission via Ku-band (setup TV system for docking/undocking and EVA)
15:35-15:50	FE-2	Private family conference (S-band)
15:50-16:05	CDR	
15:50-16:00	FE-1	Daily payload status check
16:05-16:45	CDR	СОЖ maintenance
16:30-16:45	FE-1	Private psychological conference (S-band)
16:45-17:45	CDR	Physical exercise (TVIS, day 4)
17:00-17:15	FE-1	Private family conference (S-band)
17:15-18:45		Physical exercise (RED)
17:45-19:15	FE-2	Physical exercise (TVIS + Active Rest, day 4)
18:45-19:45	FE-1	Physical exercise (TVIS)
19:45-20:15		Daily plan review
20:15-20:30		Daily planning conference (S-band)
20:30-21:00		DINNER
21:00-21:30		Daily food prep
21:30-22:30		Pre-sleep
22:30-08:00	.	SLEEP

Note: 1. See OSTP for references to US activities.

2. Task List: URAGAN DIATOMEA HDTV

FE-2 EGE-2 Prep for Soyuz Taxi Crew 4

End of radiogram