

Modified Satellite Navigation Equipment (ACH-M) Operations

GMT	CREW	ACTIVITY
06:00-06:10	.	Morning inspection
06:10-06:40	.	Post-sleep
06:40-07:30	.	BREAKFAST
07:35-08:05	.	Work prep
08:05-08:20	.	Daily planning conference (<i>S-band</i>)
08:20-08:35	CDR	Test SFOG candle activation
08:20-08:55	FE-1	FOOT – data transfer
08:35-10:35	CDR	Modified Satellite Navigation Equipment (ACH-M) data download to Laptop 3. Tagup with specialists (<i>S-band+VHF</i>)
08:55-09:00	FE-1	FOOT v/tape eject and VTR deactivation
09:00-09:05		MSG power down
09:15-09:45		Installation of headset extension cable
09:45-11:15		Physical Exercise (RED)
10:35-12:05	CDR	Physical Exercise (TVIS) Day 1
11:15-11:25	БИ-1	Photo/TV setup for PFE imagery
11:25-12:55	БИ-1	Periodic fitness evaluation –Nom Ops (subject)
12:05-12:35	CDR	Periodic fitness evaluation -Nom Ops (assists)
12:35-13:10	CDR	Test activation of Soyuz 216 TV camera КЛ-152 and voice checks on VHF2 with Scientific Research Ship “Cosmonaut Viktor Patsayev”
13:10-14:10		LUNCH
14:10-14:25	CDR	IMS tagup (<i>S-band</i>)
14:15-14:25	FE-1	PAO hardware setup
14:25-14:35		Crew PAO prep
14:35-14:55		PAO event (CBS News) (<i>Ku+S-band</i>)
14:55-15:10	CDR	Test SFOG candle activation
14:55-15:05	FE-1	Stow v/equipment used for PFE imaging
15:05-16:05		Fan B3 grille cleaning in DC1
15:55-16:25	CDR	COЖ maintenance
16:15-16:40	FE-1	TVIS exercise video playback
16:25-17:25	CDR	Physical Exercise (VELO + Force Loader 1) day 1
16:40-17:20	FE-1	БД1 and БД2 airduct cleaning in DC-1
17:20-17:35		Stow v/equipment used for TVIS exercise video recording
17:25-17:55	CDR	Report prep
17:35-17:55	FE-1	IMS file prep
17:55-18:15		ISS Crew / Kent Rominger, Astronaut Office, tagup (<i>S-band</i>)
18:15-19:00	CDR	Closeout ops for Modified Satellite Navigation Equipment (ACH-M) data download to Laptop 3 and data copying to Flash Card. Tagup with specialists (<i>S-band</i>)
18:15-18:20	FE-1	TVIS, RED, and HRM data transfer to MEC
18:20-18:35		Questionnaire - log entry
18:35-18:45		HRF1 - rack power down

18:45-19:00		Food questionnaire
19:00-19:15		Daily planning conference (<i>S-band</i>)
19:15-19:35		Daily food prep
19:35-19:55		Flight Director / ISS Crew Tagup (<i>S-band</i>)
19:55-20:30		DINNER
20:30-21:30		Pre-sleep
21:30-06:00		SLEEP

Note: See OSTP for references to US activities.

End of radiogram