

**Progress Commanding Test Using CKC (Assembly & Commanding Vessel) - based АСУП РБ Automatic Control System**

GMT	CREW	ACTIVITY
06:00-06:10		Morning inspection
06:10-06:40		Post-sleep
06:40-07:30		BREAKFAST
07:30-08:05		Weekly housekeeping
08:05-08:35		Skills training for the Shuttle R-Bar Pitch Maneuver
08:35-11:00		Weekly housekeeping
11:00-12:30	FE-1	Physical Exercise (CEVIS)
	CDR	Physical Exercise (TVIS) day 4
12:30-13:30		LUNCH
13:30-14:00		Weekly planning conference ( <i>S-band</i> )
14:05-14:20	CDR	Private family conference. ( <i>Ku+S-band</i> )
15:00-15:10	FE-1	Glove Box activation
15:10-15:50		INSPACE. Experiment ops
15:30-15:45	CDR	Searching for jumper cable 17KC.29108229A-370A <b>S/N 10338271 (b/c 010725R CM1PO_2_222)</b>
16:00-16:10	FE-1	InSPACE Experiment monitoring set up
16:35-17:35	CDR	Physical exercise (VELO + Load Trainer/Cycle 1), day 4
16:55-17:10	FE-1	InSPACE tape changeout
17:10-17:20		InSPACE Experiment monitoring set up
17:35-18:05	CDR	COX maintenance
17:50-17:55	FE-1	BCAT-3: camera checkout
17:55-18:05		Removal of earlier installed Formaldehyde Monitoring Kit (FMK)
18:05-19:05		Physical Exercise (RED)
18:05-18:35	CDR	Test TV downlink. TV ISS-MCC (Orbit 3215/15) ( <b>To=18:13, T1, T2, T3 from CПП</b> ). <i>Tagup with specialists (S-band)</i>
19:05-19:10	FE-1	O2 and CO2 monitoring
19:10-19:15		Transferring TVIS, RED, and HRM data to MEC
19:15-19:25		InSPACE powerdown
19:25-19:30		Glove Box power down for 100% illumination
19:30-20:00		DINNER
20:00-20:30		Daily Food Prep
20:30-21:30		Pre-sleep
21:30-06:00		SLEEP
<b>Task List</b>	CDR	STATOKONIA. APT temperature check
		DIATOMEA. World Ocean observations
		VOLNY [WAVES]. S/W reprogramming. Hardware activation
		Photography of faulty cable and RSK1 Laptop

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

End of Radiogram