

Changing Attitude From Solar Equilibrium (???) To LVLH (???)

GMT	Crew	Activity / <i>ODF or R/G</i>
06:00-06:10		Morning inspection
06:10-06:40		Personal hygiene (post-sleep)
06:40-07:30		BREAKFAST
07:30-09:30	CDR, PLT	Weekly station cleanup / <i>MO Vol. 1, item 2.2.1, page 2-2 + r/g 2015u</i>
07:30-09:00	FE-1	
09:00-09:15	FE-1	Private psychological support conference
09:15-09:30	FE-1	Weekly station cleanup / <i>MO Vol. 1, item 2.2.1, page 2-2</i>
09:30-09:40	FE-1	Charging camcorder battery / <i>??? ??, page 3-2, item 3.2</i>
09:30-10:10	CDR	Maintenance of ???
09:40-10:00	PLT, FE-1	DC-1 docking mechanism ACA-?: transfer to FGB ??? and temp stowage / <i>r/g 2000u</i>
10:25-11:55	FE-1	Physical exercise (TVIS+IREDD day 2)
10:35-10:50	PLT	Private psychological support conference
10:55-11:55	PLT	Physical exercise (cycle day 2)
11:00-12:00	CDR	Routing cable to prep Soyuz for EVA
12:00-12:30		Update of EVA timeline / <i>r/g 2005u</i>
12:45-13:15		Weekly planning conference / <i>r/g 1981u</i>
13:40-13:55	FE-1	Private family conference (TV-?-?)
13:55-14:55		LUNCH
14:55-15:05		Prep for PAO TV event / <i>??? ??, item 3.4, step 1, page 3-5</i>
15:05-15:35		PAO TV event: addressing participants of the youth forum <i>Goals Of Space Education in 21st Century</i> / <i>??? ??, item 3.4, steps 2-3, pages 3-6, 3-7 + r/g 1992u</i>
15:35-16:00	CDR	LAB payload daily status check
16:25-17:55	CDR	Physical exercise (RED)
16:35-17:35	FE-1	Physical exercise (cycle day 2)
16:55-17:10	PLT	Private family conference
17:10-18:40	PLT	Physical exercise (TVIS+IREDD day 2)
17:55-18:55	CDR	Physical exercise (CEVIS)
18:40-19:10	FE-1, PLT	Updating procedure for DC-1 EVA / <i>r/g 2002u</i>
19:30-20:00		DINNER
20:00-20:30		Daily food ration prep
20:30-21:30		Personal hygiene (pre-sleep)
21:30-06:00		SLEEP

Note: see OSTP for references to US activities

End of radiogram