## **TORU Training. ROKVISS**

GMT	CREW	ACTIVITY
06:00-06:10		Morning inspection
06:10-06:40		Post-sleep
06:40-07:30		BREAKFAST
07:30-08:00		Work prep
08:00-08:15		Daily planning conference (S-band)
08:15-11:15		TORU Training. Tagup with specialists (S-band + VHF)
11:20-12:50	CDR	Physical Exercise (TVIS), day 3
12:50-13:50		LUNCH
13:50-14:05		Flight Director / ISS Crew Tagup (S-band)
14:05-14:35	CDR	СОЖ maintenance
14:05-14:45	FE-1	System config for TV downlink via Ku-band (TV system set up for docking/undocking)
14:45-15:15		TESTING video downlink via Ku-band (configuring TV System for docking/undocking) (Ku-band)
15:15-15:25	FE-1	Photo/TV: Laptop A31P deactivation
15:25-15:45		ISS Crew / Kent Rominger tagup (Astronaut Office) (S-band)
15:45-16:45	FE-1	Physical Exercise (TVIS)
16:05-16:25	CDR	Repair of cable 1 connector РБМ4-102Ш6В for Cryogem-03М
16:45-18:15	FE-1	Physical Exercise (RED)
17:10-18:10	CDR	Physical exercise (VELO + Load Trainer/Cycle 1), day 3
18:10-18:40	CDR	Daily plan review
18:15-18:20	FE-1	Transfer TVIS, RED, and HRM data to MEC
18:20-18:40	FE-1	Daily plan review
18:40-18:55		Daily planning conference (S-band)
19:00-19:30		Report prep
19:30-20:00		DINNER
20:00-20:30		Daily food prep
20:30-21:30		Pre-sleep
21:30-07:30		SLEEP
Task List	CDR	PLANTS-2. Payload status check
		URAGAN. Observation and photo imagery
		IMS file prep
		SM ΠxO and DC1 reconfig to initial state after EVA

Note: See OSTP for references to US activities.

End of radiogram