

Frequency and Time Synchronization Unit (ECB-M2) Firmware Upgrade. Crew off-duty

GMT	CREW	ACTIVITY
06:00-06:10		Morning inspection
06:10-06:40		Post-sleep
06:40-07:30		BREAKFAST
07:30-08:00	FE-1	Preparation of ECB-M2 for firmware upgrade. <i>Tagup with specialists (S-band)</i>
08:00-08:55		ECB-M2 firmware upgrade / <i>Tagup with specialists (S-band)</i>
10:00-10:30		Set up PxO for EVA
10:30-10:50		ISS crew / Program Management weekly conference (<i>S-band</i>)
10:50-12:20	CDR	Physical Exercise (RED)
11:20-11:50	FE-1	COX maintenance
11:50-13:20		Physical Exercise (TVIS) day 4
12:20-13:20	CDR	Physical Exercise (CEVIS)
13:20-14:20		LUNCH
14:50-17:50	CDR	Weekly housekeeping
14:50-16:05	FE-1	
16:05-16:25		Private family conference <i>from MCC-M (Ku + S-band)</i>
16:25-18:10		Weekly housekeeping
18:00-18:05	CDR	TVIS/RED/HRM data transfer to MEC
18:05-18:10		SSC OCA router reboot
18:10-18:15		Carbon dioxide level monitoring
18:15-18:35		Start charging Orlan helmet light battery
18:30-19:30	FE-1	Physical Exercise (VELO + Force Loader/cycle 1) day 4
19:30-20:00		Daily food prep
20:00-20:30		DINNER
20:30-21:30		Pre-sleep
21:30-06:00		SLEEP

Note: See OSTP for reference to US activities

End of radiogram