

**Transition from PCO into OCK**

TIME	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 ( <i>S-band</i> )
08:15-10:45	FE-1	M34-20-1 unit removal / <i>Periodic</i>
08:35-09:15	FE-2	COЖ maintenance
09:30-11:00		Physical exercise RED
09:30-10:30	CDR	Physical exercise TVIS
10:40-12:40		"Ультразвук" (Ultrasound Scan). Exercise. Operator.
10:45-11:45	FE-1	Physical exercise (VELO+Load Trainer-1)-day 1
11:10-12:25	FE-2	"Ультразвук". (Ultrasound Scan). Exercise. Subject.
11:45-12:15	FE-1	PLANT-2. Beginning of the experiment
12:40-13:40	.	LUNCH
13:40-13:55	CDR	Food questionnaire
13:40-16:10	FE-1	M34-20-1 unit removal / <i>Periodic</i>
14:15-14:30	FE-2	Food questionnaire
14:30-15:10		IMS file prep
14:30-14:40	CDR	Hardware setup for PAO
14:40-16:10		Physical exercise RED
15:10-16:10	FE-2	Physical exercise TVIS
16:10-17:40	FE-1	Physical exercise TVIS-1
	CDR, FE-2	SSRMS ops
17:40-17:50		Hardware setup for PAO
17:50-18:10		"Reach for the Stars" Educational Program
18:15-18:45		Daily plan review
18:45-18:55		Work prep
18:55-19:10		Daily planning conference ( <i>S-band</i> )
19:10-19:30		Prep for work
19:30-20:00		DINNER
20:00-20:30		Daily food prep
20:30-21:30		Pre-sleep
21:30-06:00		Sleep

See OSTP for references to US procedures

End of radiogram