

Routine Maintenance of SM Audio Subsystem (CTTC)

GMT	Crew	Activity
06:00–06:10		Morning inspection
06:10–06:40		Post-sleep
06:40–07:30		BREAKFAST
07:30–08:00		Prep for work
08:00–08:15		Daily planning conference (<i>S-band</i>)
08:15–11:15		Routine Maintenance of SM Audio Subsystem (CTTC): checkout of LF path and VHF receivers
11:15–12:15	FE-1	Physical exercise (CEVIS)
	CDR	Physical exercise (VELO + Load Trainer-1 / day 1)
12:15–13:00		ISS orientation
13:00–14:00		LUNCH
14:00–15:30		Inventory audit of headsets and cables w/ push-to-talk units
15:30–17:00	FE-1	Physical exercise (RED)
15:30–15:40	CDR	Switching SM Audio Subsystem (CTTC) to backup string
15:40–15:55		Private medical conference (<i>S-band</i>)
15:55–17:25		Physical exercise (TVIS-1)
17:00–17:15	FE-1	ISS orientation
17:25–17:40		Private medical conference (<i>S-band</i>)
17:25–17:50	CDR	Maintenance of COЖ
17:50–18:20		GAMMA_1M: test of blood pressure monitor (АД) T ₀ =18:05 GMT
18:20–18:50		Daily plan review
18:50–19:05		Prep for work
19:05–19:20		Daily planning conference (<i>S-band</i>)
19:20–19:30		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

NOTE: See OSTP for references to US procedures

End of radiogram