

Prep for EVA

GMT	CREW	ACTIVITY
04:00-04:10		Morning inspection
04:10-04:40		Post-sleep
04:40-05:30		BREAKFAST
05:30-05:55	CDR	Prep for work
05:30-05:50	FE-1	
05:50-05:55	FE-1	RASTENIYA-2. Hardware status check
05:55-06:10		Morning planning conference (<i>S-band</i>)
06:15-07:15		EVA timeline review. <i>Tagup with specialists. (S-band)</i>
07:15-08:45		Prep of CKK #2-DC1, #3-SM, #4-SM. Video imagery (DVCAM). <i>Tagup with specialists (S-band)</i>
08:45-09:45	FE-1	Physical Exercise (VELO + Force Loader/cycle 1) day 3
08:45-09:15	CDR	CMO proficiency training
09:40-09:45		Soyuz 7 stage payload status check (Increment 8)
09:45-10:45		LUNCH
10:45-12:15		Kromka hardware set up. Video imagery. (DVCAM) <i>Tagup with specialists. (S-band)</i>
12:15-14:30	CDR	Physical Exercise (TVIS + RED)
12:15-12:45	FE-1	EDV (KOB) servicing for Elektron system
12:45-13:05		Testing VOZDUKH emergency vacuum valves
13:05-13:15		Filter cartridge replacement in ИK0501 CO2 gas analyzer (<i>Get #31 ФГБ1ПГО2_213_1 white bag # 4 248-6</i>)
13:15-13:35		Adjustment of ИK0501 gas analyzer relative to O2 from ИГ-3
13:45-15:15		Physical Exercise (TVIS) day 3
14:30-15:15	CDR	Start CWC servicing
15:20-15:40		TVIS/RED data download to MEC
15:25-15:55	FE-1	Video commentary on DC1 and equipment prep for EVA-9. (<i>S + Ku-band</i>)/ <i> Tagup with specialists (S-band)</i>
15:40-16:00	CDR	HRM data download to MEC
15:55-16:05	FE-1	Replacement of Laptop 1 with Laptop 3
16:00-16:15	CDR	HRM data file erase
16:15-16:25		Carbon dioxide level monitoring
16:25-16:40	.	DPC (<i>S-band</i>)
16:40-16:55	CDR	Finish CWC servicing
17:05-17:25	.	FD/ISS crew conference (<i>S-band</i>)
17:25-17:55	FE-1	CMO proficiency training
17:45-18:25	CDR	DINNER (Renal: pill ingestion).
18:00-18:30	FE-1	
18:25-18:30	CDR	HAM radio equipment set up
18:30-19:00	FE-1	Daily food prep
18:30-18:40	CDR	HAM radio session
18:40-19:10		Daily food prep
19:00-20:00	FE-1	Pre-sleep
19:10-20:00	CDR	Pre-sleep
20:00-10:45	.	SLEEP

Task List	FE-1	Equipment search
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Note: See OSTP for references to US activities
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