

SUITED EXERCISE

GMT	CREW	ACTIVITY
03:00-03:10		Morning inspection
03:10-03:40		Post-sleep
03:40-04:30		BREAKFAST
04:30-04:45		Prep for Work
04:45-05:00		Daily Planning Conference (<i>S-band</i>)
05:00-05:15		Prep for Work
06:35-07:35	FE-2	Physical Exercise (RED)
07:35-08:35	CDR	Physical Exercise (RED)
07:35-10:35	FE-2	ISS inventory audit and stowage location verification
08:25-09:25	FE-1	Physical Exercise (VELO + RED) day 4
08:35-10:05	CDR	Physical Exercise (CEVIS)
09:25-10:55	FE-1	Physical Exercise (TVIS) day 4
10:35-10:50	FE-2	Installation of video equipment in DC1
10:55-11:55	.	LUNCH
11:55-12:10	CDR	DC1 Air Duct Disassembly (do not remove B3 fan)
11:55-12:10	FE-1	Comm config for suited run
12:00-12:15	FE-2	SLEEP - Actiwatch set up
12:10-12:30	CDR,FE-1	Orlan systems check-out during suited run
12:15-12:55	FE-2	SLEEP - data upload and initialization of two Actiwatch devices
12:30-12:45	CDR,FE-1	BCC [Orlan Interface Unit] checkout
12:45-13:15		EVA gear donning
13:15-13:45		Comm check and medical telemetry test
13:30-13:45	FE-2	Private Medical Conference (<i>S + Ku-band</i>)
13:45-14:00	CDR,FE-1	Orlan ingress / sealing off backpacks
14:00-14:05		Orlan and BCC controls check-out
14:05-14:10		Orlan and BCC preliminary leak check
14:10-14:25		Orlan fit check at Orlan pressure = 0.4
14:10-14:25	FE-2	SLEEP - Actiwatch stow
14:25-15:15	.	Suited translation exercise
15:15-15:45	CDR,FE-1	Orlan egress
15:15-15:45	FE-2	COX Maintenance
15:45-15:55	FE-1	Post-exercise comm. reconfig for nominal ops
15:45-17:15	FE-2	Physical Exercise (TVIS)
15:55-18:05	CDR,FE-1	Post-exercise closeout ops, air duct assembly
17:15-17:25	FE-2	TVIS Weekly Maintenance
17:25-17:55		TVIS Monthly Maintenance
17:55-18:00		Transfer TVIS/RED/CEVIS/HRM data to MEC
18:00-18:40		Pre-sleep
18:05-18:45	CDR,FE-1	Installation of spacesuit replaceable elements before EVA <i>In-flight comm procedures</i>
18:40-18:45	FE-2	Temp stow cable for crew sleep

18:45-19:05	FE-1	Orlan translation exercise TV downlink (<i>S+Ku-band</i>)
18:45-19:05	FE-2	Pre-sleep
18:45-19:05	CDR	Daily Food Prep
19:05-19:35	.	DINNER
19:35-20:00	FE-2	Daily Food Prep
19:35-20:00	CDR,FE-1	Pre-sleep
20:00-04:30	.	SLEEP
Task List	FE-1	IMS update
		TBY (Universal Bioengineering Thermostat). Temperature check

Note: 1. See OSTP for references to US activities.

2. Tagups during EVA activities (S-band)

End of Radiogram