ISS4/ISS5 Crew Handover

GMT	CREW	ACTIVITY
08:50-09:00		Morning inspection
09:00-09:40	FE-2	Post-sleep + BREAKFAST
09:00-09:30	CDR, FE-1, ISS-5	Post-sleep
09:30–10:20		BREAKFAST
09:40-09:50	FE-2	O2 transfer configuration
09:50-12:45	FE-2	EVA prep
10:20-10:35	CDR, FE-1, ISS-5	Daily planning conference (S-band)
10:35–11:05		Prep for work
11:05–12:15	CDR/ISS5, CDR	Cargo transfer
11:05–11:10	FE-2/ISS5	Comm configuration check
11:10–13:55		Cargo transfer
11:20–11:30	FE-1	Cargo status check
11:30–11:35		Pre-return BPS status check
11:35–12:35		Physical exercise (TVIS)
12:15–13:45	CDR, CDR/ISS5 (assist)	Lower Body Negative Pressure unit (????) workout (?0=13:06)
12:20-12:35	FE-1/ISS5	P/L status check
12:35–15:25	FE-1, FE-1/ISS5	Crew handover
12:45–13:05	FE-2	EMU purge
13:05–13:55		EMU purge / prebreath
13:45–14:35	CDR/ISS5	Cargo transfer
13:45–16:05	CDR	
13:55–14:35	FE-2/ISS5	Maintenance of ???
13:55–14:35	- FE-2	Depress
14:35–15:35		SSRMS: prep for EVA
14.00 10.00	CDR/ISS5	SSRMS: prep for EVA
14:35–15:35	FE-2/ISS5	Physical exercise (active rest)
15:35–16:35	FE-2, FE-2/ISS5	Crew handover
	FE-1/ISS5	Physical exercise (CEVIS)
	FE-1	Physical exercise (TVIS)
	CDR/ISS5	Physical exercise (active rest)
16:35–17:35		LUNCH
17:35–18:50	FE-1, FE-1/ISS5	Crew handover
17:35–20:35	CDR	Cargo transfer
17:35–18:20	FE-2, FE-2/ISS5	Crew handover
17:35–19:25	CDR/ISS5	Cargo transfer
18:35–19:35	FE-2	Physical exercise (TVIS)
18:50–19:35	FE-1, FE-1/ISS5	MPLM rack config for return
18:50–20:55	FE-2/ISS5	Cargo transfer

19:35–21:35	CDR/ISS5, FE-2	SSRMS joint test
	FE-1, FE-1/ISS5	CBM controller panel installation
20:35–21:35	CDR	Physical exercise (TVIS-2)
20:55–21:35	FE-2/ISS5	IMS file prep
21:35–22:05	CDR, FE-1, ISS-5	Daily plan review
21:35–22:35	FE-2	Physical exercise (TVIS)
22:05–22:20	CDR, FE-1, ISS-5	Daily planning conference (S-band)
22:20–22:35	FE-1, CDR	Prep for work
22:20–22:35	ISS-5	Private medical conference (S-band)
22:35–23:05	FE-1/ISS5, FE-2/ISS5	Prep for work
22:35–22:45	CDR/ISS5	Comm configuration check
22.33-22.43	FE-2	Cargo status check
22.35–22.50	CDR	On MCC GO: Progress-257 repress from ????1
22:40–23:05	CDR/ISS5	Prep for work
22:45–23:20	FE-2	Daily food prep
22:50–22:55	FE-1	Pre-return BPS status check
22:55–23:20	CDR	Daily food prep
	FE-1	
23:05–23:20	ISS-5	
23:20–23:50		DINNER
23:50-00.10	CDR	Pre-sleep
23:50-00:50	FE-1, FE-2, CDR/ISS5, FE-2/ISS5	
23:50-00:15	FE-1/ISS5	
00.10-00.25	CDR	Progress-257 repress from ????1
00:15-00:25	FE-1/ISS5	METOX canister regeneration (init)
00:25-00:50	FE-1/ISS5, CDR	Pre-sleep
00:50-09:20		SLEEP

Note: See OSTP for references to US activities

End of radiogram