

Spacesuit Ops

| GMT | Crew | Activity / <i>ODF or R/G</i> |
|-------------|-----------|--|
| 06:00–06:10 | | Morning inspection |
| 06:10–06:40 | | Personal hygiene (post-sleep) |
| 06:40–07:15 | CDR, FE-1 | BREAKFAST |
| 06:40–07:30 | FE-2 | |
| 07:15–08:15 | CDR, FE-1 | Prep Orlan spares and auxiliary equipment / r/g 1261 |
| 07:30–07:45 | | Daily planning conference (morning) |
| 07:45–08:15 | FE-2 | Work prep |
| 08:15–08:45 | FE-2 | Maintenance of ? ? ? |
| 08:15–08:55 | CDR, FE-1 | Activation and inspection of Orlan / ???, item 2.1, page 2-1 |
| 08:55–09:15 | CDR, FE-1 | Checkout of Orlan interface unit (???) / ???, item 2.2, page 2-2 |
| 09:15–09:25 | CDR, FE-1 | Removal and installation of Orlan telemetry unit (????) battery / ???, item 2.4.7, page 2-15 |
| 09:25–09:35 | CDR | Changeout of filter unit (??) ? ? 2 ? ?0501 / RODF ? ? ? ? , item 10.16.2 |
| 09:25–09:55 | FE-1 | Transfer of Dosmap Dostel data to HRF PC for subsequent downlink |
| 09:55–10:40 | FE-1 | Bonner Ball maintenance |
| 10:10–10:40 | CDR | Physical exercise (RED) |
| 10:40–12:00 | FE-1 | Physical exercise (RED) |
| 10:40–11:40 | CDR | Physical exercise (TVIS) |
| 12:00–13:00 | | LUNCH |
| 13:00–13:25 | | PAO event: press conference with US media |
| 13:25–13:55 | CDR, FE-1 | Orlan equipment prep / ???, item 2.6, item 2-23 |
| 13:25–13:50 | FE-2 | LAB payload status monitoring |
| 13:50–14:15 | FE-2 | Prep delta file for downlink |
| 13:55–15:25 | CDR, FE-1 | Separation of Orlan and ??? water systems / ???, item 2.3, pages 2-3 to 2-6 |
| 14:50–15:00 | FE-2 | Deactivation and relocation of TEPC |
| 15:15–16:15 | FE-2 | Physical exercise (TVIS) |
| 15:25–16:25 | CDR, FE-1 | Orlan fit check / ???, item 2.5, page 2-21 |
| 16:15–17:45 | FE-2 | Physical exercise (RED) |
| 16:25–16:40 | FE-1 | TORSO setup (end) |
| 16:35–17:35 | CDR | Physical exercise (TVIS) |
| 16:45–17:45 | FE-1 | Physical exercise (CEVIS) |
| 17:45–18:15 | | FD/ISS crew conference |
| 18:15–18:45 | | Report prep |
| 18:45–19:15 | | Review plan for the next day |
| 19:15–19:30 | | Daily planning conference (evening) |
| 19:30–20:00 | | DINNER |
| 20:00–20:30 | | Daily food ration prep |
| 20:30–21:30 | | Personal hygiene (pre-sleep) |
| 21:30–05:00 | | SLEEP |

Note: See OSTP for references to US procedures

End of radiogram