SUITED EXERCISE

GMT	CREW	ACTIVITY
10:00-10:05	CDR	SLEEP: Questionnaire
10:00-10:03	FE-1,FE-2	OLLEF . Questionnaire
10:05-10:10	CDR	Morning Inspection
10:10-10:40		Post-sleep
10:40-11:20	FE-1	Cot Gloop
10:40-11:30	CDR,FE-2	BREAKFAST
11:20-11:35	FE-1	БМП Ф1 Absorption Cartridge Regeneration (start)
11:30-11:50	FE-2	Nutrition and Repository Urine Sample Collection
11:30-12:00	CDR	
11:35-12:00	FE-1	Prep for Work
11:50-11:55	FE-2	Nutrition and Repository - Urine Sample MELFI Insertion
12:00-12:15		Daily Planning Conference (S-band)
12:15-12:30	FE-1	Comm config for suited run
12:15-12:30	CDR	Air duct removal from DC1 (skip B3 fan removal)
12:30-12:50	FE-1	Orlan Systems Checkout During Exercise
12:30-16:15	CDR	Assisting FE1 During Suited Exercise
12:30-14:00	FE-2	Physical Exercise (ARED)
12:50-13:05	FE-1	Orlan Interface Unit (ECC) Checkout
13:05-13:35	FE-1	EVA Gear Donning
13:35-14:05	FE-1	Comm check and biomed telemetry test
14:00-15:00	FE-2	Physical Exercise (TVIS)
14:05-14:20	FE-1	Orlan ingress, sealing off backpacks
14:20-14:25	FE-1	Orlan and ECC Controls Checkout
14:25-14:30	FE-1	Orlan and BCC preliminary leak check
14:30-14:45	FE-1	Orlan Fit Check at Suit Pressure = 0.4
14:45-15:45	FE-1	Suited Translation Exercise
15:00-15:25	FE-2	COЖ Maintenance. CBO, CП, and POTOK Air Purification System Data Calldowns Inspection of CM-У Connector on MHP-HC Separator Pump in ACУ (behind panel 139 for moisture)
15:25-16:15	FE-2	Portable Emergency Provisions (PEPs): Inspection of Portable Fire Extinguishers (PFEs), Portable Breathing Apparatus (PBAs) and Extension Hose Tee Kits (EHTKs)
15:45-16:15	FE-1	Orlan Egress
16:15-17:15		LUNCH
17:15-20:05	CDR	Assisting FE1 During Suited Exercise
17:15-17:25	FE-1	Post-exercise comm. reconfig for nominal ops
17:15-17:35	FE-2	Cell Biology Experiment Facility Retrieval (CBEF)
17:25-19:25	FE-1	Post-exercise closeout ops, air duct installation
17:35-17:50	FE-2	CBEF R&R Part 1
18:00-18:25	FE-2	EPO. Demonstration of ISS Renovation
18:25-18:35	FE-2	EPO Hardware Stow

18:35-18:45	FE-2	CBEF R&R Part 2
19:00-19:20	FE-2	Nutrition and Repository - Urine Sample Collection
19:20-19:25	FE-2	Nutrition and Repository - Urine Sample MELFI Insertion
19:25-20:05	FE-1	Installation Of Spacesuit Replaceable Elements For EVA Comm reconfig for nominal ops
19:25-19:45	FE-2	Nutrition and Repository - Stow Urine Sampling Hardware
19:45-19:55	FE-2	CBEF R&R Part 3
20:05-22:35	FE-1	Physical Exercise (TVIS), day 3
20:10-20:25	CDR	Private Family Conference (S+Ku-band)
20:25-21:25	CDR	Physical Exercise (CEVIS)
20:25-20:35	FE-2	CBEF R&R Part 4
20:50-21:00	FE-2	CBEF R&R Part 5
21:15-21:25	FE-2	CBEF R&R, Fan Reconfig
21:25-22:55	CDR	Physical Exercise (ARED)
22:15-22:55	FE-2	Evening Work Prep
22:35-22:55	FE-1	
22:55-23:10		Daily Planning Conference (S-band)
23:10-23:30		Evening Work Prep
23:30-01:30	CDR,FE-2	Presleep (dinner, daily food prep, evening toilet)
23:30-01:15	FE-1	
01:15-01:30	FE-1	БМП Ф1 Absorption Cartridge Regeneration (terminate)
01:30-10:00		SLEEP

Notes:

- 1. Tagups with specialists during all EVA prep activities (VHF, S-band)
 2. SM Window #9 shutter opening is at crew discretion with Report to MCC
 3. See OSTP for references to US activities.

End of Radiogram