

Prep For EVA / Attitude Maneuver (??? to ???)

| GMT | CREW | ACTIVITY / <i>ODF or r/g</i> |
|-------------|----------|--|
| 13:30-13:40 | | Morning inspection |
| 13:40-14:10 | | Personal hygiene (post-sleep) |
| 14:10-15:00 | | BREAKFAST |
| 15:00-15:30 | | Work prep |
| 15:30-15:40 | | Daily planning conference |
| 15:40-16:15 | | Fire drill |
| 16:15-16:25 | FE-1 | ???-1 separator inspection |
| 16:19-16:34 | CDR | Ham radio pass |
| 16:35-18:05 | | Physical exercise (CEVIS) |
| 16:35-18:05 | PLT | Physical exercise (TVIS+IRED - 1) |
| 17:05-18:05 | FE-1 | Physical exercise (cycle - 1) |
| 18:05-18:20 | | FD – ISS crew conference |
| 18:20-18:30 | FE-1 | HRF rack power up |
| 18:30-18:50 | | Orlan systems checkout during suited exercise (FE-1: assist) / <i>DC-1 EVA, item 3.1, pp. 3-1, 3-2</i> |
| 18:50-19:05 | | Orlan interface unit (???) test / <i>DC-1 EVA, item 3.2, p. 3-3</i> |
| 19:05-19:45 | FE-1 | Bonner Ball maintenance |
| 19:05-19:15 | PLT, CDR | Setting up comm for suited exercise / <i>??? item 2.21.1, p. 2-18 + r/g 2292</i> |
| 19:15-19:25 | | Comm check and monitoring of vital signs / <i>DC-1 EVA, item 3.5, steps 2,3, p. 3-5 + r/g 2293</i> |
| 19:25-19:50 | CDR | Daily status check of US payloads |
| 19:50-20:50 | | LUNCH |
| 20:50-21:00 | CDR, PLT | Comm check and monitoring of vital signs / <i>DC-1 EVA, item 3.5, steps 2,3, p. 3-5 + r/g 2293</i> |
| 21:00-21:40 | FE-1 | ??? maintenance |

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| 21:10-21:40 | PLT, CDR | Donning equipment / DC-1 EVA item 3.4, p. 3-5 |
| 21:40-21:55 | | Ingressing Orlans / closing backpacks / DC-1 EVA item 3.6, p. 3-6 |
| 21:55-22:00 | | Test of Orlan & ??? controls / DC-1 EVA item 3.7, p. 3-7 |
| 22:00-22:05 | | Initial leak check of Orlans and ??? / DC-1 EVA item 3.8, p. 3-7 |
| 22:05-22:20 | | Orlan fit check at $P_{Orlan}=0.4$ / DC-1 EVA item 3.9, p. 3-7 |
| 22:05-22:45 | FE-1 | Transfer of TVIS/RED/CVIS data to MEC |
| 22:20-23:00 | CDR, PLT | Test of ability to move in Orlans and evaluation of crewmember positioning in DC-1 / DC-1 EVA item 3.10, p. 3-8 |
| 23:00-23:10 | FE-1 | HRF rack powerdown |
| 23:00-23:15 | CDR, PLT | Egressing Orlans / DC-1 EVA item 3.11, p. 3-9 |
| 23:15-01:15 | | Post-exercise activities / DC-1 EVA item 3.12, p. 3-10 |
| 23:15-00:45 | FE-1 | Physical exercise (TVIS+RED - 1) |
| 00:45-01:15 | | Inspection of gas mask in LAB |
| 01:15-02:10 | CDR | Physical exercise (RED) |
| 01:15-01:45 | FE-1 | Inspection of portable fire extinguisher in LAB |
| 01:15-02:15 | PLT | Physical exercise (cycle - 1) |
| 01:45-02:15 | FE-1 | Review of next day's plan |
| 02:15-02:30 | | Daily planning conference |
| 02:30-03:00 | | Report prep |
| 03:00-03:30 | | DINNER |
| 03:30-04:00 | | Daily food ration prep |
| 04:00-05:00 | | Personal hygiene (pre-sleep) |
| 05:00-13:30 | | SLEEP |

NOTE: see OSTP for references to US activities

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