ACH-M TESTS (Attachments 1,2 and 1,3). PERSONAL PROTECTION GEAR ИПК-1М (gas mask) IFM.

GMT	CREW	ACTIVITY
05:00-05:10		Morning inspection
05:10-05:40		Post-sleep
05:40-05:50	FE-1	MO-8 Body mass measurement. Config set-up
	CDR	MO-7 Calf volume measurement
05:50-06:00	FE-1	IVIO-7 Gail Volulile Illeasuleilleill
05:50-06:05	CDR FE-1	MO-8 Body mass measurement.
06:05-06:20		
06:20-06:30	FE-1	MO-8 Body mass measurement. Close-out ops
06:05-06:55	CDR FE-1	BREAKFAST
06:30-07:20		
06:55-07:25	CDR	Work prep
07:25-07:40		Daily planning conference (S-band)
07:40-08:00	FE-1 CDR (assists)	24-hour ECG
08:00-08:30	CDR	Preparations for return
08:00-08:15	FE-1	БМП Ф1 cartridge regeneration (start)
08:15-08:45		Demate/mate connectors on antenna feeder units HПM-1,2,3,4 Tagup (S-band)
08:30-08:55	CDR	Routine maintenance of Compound Specific Analyzer- Combustion Products (CSA-CP)
08:55-09:05		PAO hardware setup
09:05-09:15		Crew PAO prep
09:15-09:35		ISS-10 press conference for journalists (Ku+S-band)
09:35-09:45	CDR	Compound Specific Analyzer- Combustion Products (CSA-CP) spot check
09:50-10:20	ODIC	RED calibration
09:50-10:20	FE-1	Dismantling КЛ-152 CA TV cameras (2 units) for return to the ground
10:20-11:50	L-1	Physical exercise (TVIS) Day 2
10.20-11.30	CDR	Physical exercise (RED)
11:50-12:30		Kazbek fit check
12:30-13:30		LUNCH
13:30-15:00	FE-1	IFM for personal protection gear ИПК-1М (gas mask) Tagup (as necessary) S-band
13:30-15:50	CDR	Preparation of hardware to be returned by the Shuttle
15:00-16:00	FE-1	Physical exercise (TVIS) Day 2
15:50-16:20	CDR FE-1	Preparations for return
16:00-17:00		
16:20-17:20	CDR	Physical exercise (TVIS)
17:00-17:30	FE-1	СОЖ maintenance.
17:20-17:25	CDD	Transfer TVIS, RED, and HRM data to MEC.
17:25-17:55 17:30-17:55	CDR FE-1	Daily plan review
17:55-18:10	<u> '</u>	Daily planning conference (S-band)

18:10-18:15	FE-1	Report prep
18:10-18:30	CDR	Report prep
18:15-18:45	FE-1	DINNER
18:30-19:00	CDR	DIWILL
18:45-19:15	FE-1	Daily food prep
19:00-19:30	CDR	
19:15-19:55	FE-1 CDR	Pre-sleep
19:30-20:30		
19:55-20:10	FE-1	БМП Ф1 cartridge regeneration (termination)
20:10-20:30		Pre-sleep
20:30-05:00		SLEEP
Task List	FE-1	PLANTS-2. Payload status check
		IMS file prep

Note: See OSTP for references to US activities.
End of Radiogram