

Transition from PCO (Equilibrium Solar Attitude - XPOP) to OCK (LVLH) Attitude.

GMT	CREW	ACTIVITY
06:00-06:10		Morning inspection
06:10-06:25	CDR	Biochemical urine analysis
06:10-06:40	FE-1	Post-sleep
06:10-06:25	FE-2	
06:25-06:40	CDR	
06:25-06:40	FE-2	Biochemical urine analysis
06:40-07:30	CDR, FE-2	BREAKFAST
06:40-06:55	FE-1	Biochemical urine analysis
06:55-07:30		BREAKFAST
07:30-07:50	CDR	Work prep
07:30-07:55	FE-1	
07:30-08:00	FE-2	
07:50-08:00	CDR	File server SW upgrade
07:55-08:00	FE-1	PLANTS-2. Equipment monitoring
08:00-08:15		Daily planning conference (<i>S-band</i>)
08:15-08:45	FE-2	Periodic health status evaluation (without blood test)
08:15-09:15	CDR assistance	
08:15-08:20	FE-1	PLASMA CRYSTAL-3. Turbo-pump activation.
08:45-09:15	FE-1	Periodic health status evaluation (without blood test))
09:15-09:45	CDR, FE-2 assistance	
09:15-10:35	FE-1	R&R of 800A unit in A53 module on ФГБ
09:45-10:45	FE-2	Physical Exercise (TVIS)
09:45-11:15	CDR	Physical Exercise (RED)
10:35-10:45	FE-1	On MCC go: ISS O2 repress from Progress' CpПK
10:45-12:15		Physical Exercise (TVIS – 1)
10:45-11:15	FE-2	Periodic health status evaluation: data recording
11:15-11:40	CDR, FE-2	Tagup on preliminary ULF1 equipment stowage (<i>S-band</i>)
12:15-13:15		LUNCH
13:15-13:30	FE-1	Telephone: IMS conference (<i>S-band</i>)
13:15-13:40	CDR, FE-2	EVA conference from the LAB (<i>S-band</i> , SG2)
13:30-14:05	FE-1	PLASMA CRYSTAL -3. Experiment set up. Tagup with specialists (<i>S-band</i>)
13:40-13:55	CDR	IMS ops on CWC
13:40-14:20	FE-2	IMS file prep for downlink
14:20-14:30	CDR	LAB payload status check
14:20-14:30	FE-2	Equipment set up for PAO
14:30-14:40	CDR, FE-2	PAO prep
14:40-15:00		Educational PAO (<i>Ku +S-band</i>)
14:35-15:35	FE-1	Physical Exercise (VELO +Load Training -1) day 1
15:00-15:15	FE-2	PHS equipment stow

15:10-15:35	CDR	Стойка 4 ЭКСПРЕСС - Загрузка ПМО на лэптоп стойки
15:15-15:55	FE-2	COЖ Maintenance
15:35-16:10	FE-1	TV ISS-MCC PLASMA CRYSTAL -3. Experiment (start) Tagup with specialists. (<i>S-band</i>)
15:50-16:10	CDR	EXPRESS rack 4: rack I/F controller SW loading (start)
16:10-16:50		TVIS/RED/CVIS data transfer to MEC
16:10-16:25	FE-2	RENAL: Food log
16:25-17:55		Physical Exercise (RED)
16:50-17:00	CDR	EXPRESS rack 4: rack I/F controller SW loading (end)
17:15-17:25	FE-1	PLASMA CRYSTAL -3. Experiment (end)
17:20-17:25	CDR	EXPRESS rack 2: Power down
17:25-18:25		Physical Exercise (TVIS)
17:25-18:05	FE-1	PLASMA CRYSTAL -3. Data transfer from HDD, v/c stow
17:55-18:15	FE-2	RENAL: Equipment installation
18:05-19:05	FE-1	PLASMA CRYSTAL -3. Hardware dismantle
18:15-18:45	FE-2	Daily plan review
18:25-18:45	CDR	
18:45-19:00	CDR, FE-2	Daily planning conference (<i>S-band</i>)
19:00-19:10		FD – ISS Crew conference (<i>S-band</i>)
19:05-19:10	FE-1	
19:30-20:00		DINNER
20:00-20:30		Daily food prep
20:30-21:30		Pre-sleep
21:30-06:00		SLEEP

NOTE: See OSTP for reference to missing US activities.
End of Radiogram