Test Comm Session Using Regul-OS String 2. Relaxation Experiment

GMT	CREW	ACTIVITY
06:00-06:10		Morning Inspection
06:10-06:15	FE-2	Post-sleep
06:10-06:40	CDR,FE-1	Post-sleep
06:15-06:35	FE-2	Nutrition: urine collection
06:35-06:40	FE-2	Nutrition: urine sample insertion in MELFI
06:40-07:30	CDR,FE-1	BREAKFAST
06:40-07:05	FE-2	Post-sleep
07:05-07:55	FE-2	BREAKFAST
07:30-08:00	FE-1	Prep for Work
07:30-07:45	CDR	БМП Ф1 Absorption Cartridge Regeneration (start)
07:45-08:15	CDR	Prep for Work
07:55-08:15	FE-2	Prep for Work
08:15-08:30		Daily Planning Conference (S-band)
08:30-09:10	FE-2	JEM Commercial Preparation. Setup and operate MPC and G1 Camcorder
08:30-10:00	CDR	Replacing E-K pre-treat container and E-K hose in ACY system. Install # 802027 (b/c 00047096R, CM1PO_4_ACY_454_1)
08:30-09:30	FE-1	B5-3 Cycle Ergometer Maintenance
09:10-09:30	FE-2	Nutrition- stowage of urine collection kit
09:30-09:35	FE-2	Closing LAB Window Shutter
09:30-10:10	FE-1	Pressurize Spare Elektron Liquid Unit #056
09:35-09:40	FE-2	JEM Window Shutter Closure
09:50-10:20	FE-2	ITCS MTL Adjustment
10:10-11:40	FE-1	Physical Exercise (TVIS), day 4
10:20-10:50	FE-2	Installation of Flow Meter
10:25-10:55	CDR	Fire Detection and Suppression (FDS) Bacteria Filter and Smoke Detector Inspection and Cleaning
10:50-11:50	FE-2	ITCS MTL Adjustment
10:55-11:25	CDR	IFM. Node-2 Smoke Detector Remove and Replace
11:40-13:10	FE-1	RELAXATION. Equipment setup. Tagup with specialists (S-band)
11:40-13:10	CDR	Physical Exercise (TVIS), day 4
11:50-12:35	FE-2	ITCS MTL Adjustment
12:35-13:20	FE-2	ITCS MTL Adjustment
13:10-13:40	FE-1	RELAXATION. Observing ATV Re-entry. Tagup with specialists (S-band)
13:15-13:45	CDR	RELAXATION. ATV Photo/Video
13:35-14:35	FE-2	LUNCH
13:45-14:45	CDR,FE-1	LUNCH
14:35-15:20	FE-2	Take videos of Xylitol with G1 Camcorder and take photos inside JPM
14:45-15:15	FE-1	RELAXATION. Hardware removal. Tagup with specialists (S-band)
14:45-15:15	CDR	A/L smoke detector inspection
15:15-15:50	CDR	Lab smoke detector inspection

15:20-15:40	FE-2	JPM window opening. Xylitol video using G1 camcorder
15:40-15:55	FE-2	JEM CM Closeout. G1 and MPC closeout ops
15:50-16:30	CDR	СОЖ Maintenance
15:55-16:25	FE-1	Counter Measure System (CMS) Harmful Contaminant Measurements in SM
15:55-16:15	FE-2	Save image data on SSC.
16:15-17:45	FE-2	Physical Exercise (RED)
16:25-16:45	FE-1	Verify ИП-1 Flow Meter Positions
16:30-17:30	CDR	Physical Exercise (TVIS), day 4
16:45-17:05	FE-1	Grab Sample Container (GSC) Ops
17:05-17:30	FE-1	FGB and SM air sampling for Freon analysis using AK-1M sampler
17:30-18:00	CDR	Inspection of Node-1 smoke detectors
17:30-18:30	FE-1	Physical Exercise (TVIS), day 4
17:45-18:45	FE-2	Physical Exercise (CEVIS)
18:05-18:25	CDR	IMS Update
18:25-18:30	CDR	Transfer of TVIS, RED, and HRM data to MEC
18:30-18:50	CDR,FE-1	Evening Work Prep
18:45-18:50	FE-2	Evening Work Prep
18:50-19:05		Daily Planning Conference (S-band)
19:05-19:30	CDR,FE-2	Evening Work Prep
19:05-19:15	FE-1	EXPERT. Kelvin-video charging (start)
19:15-19:30	FE-1	Evening Work Prep
19:30-20:00		DINNER
20:00-20:30	FE-1,FE-2	Daily Food Prep
20:00-20:15	CDR	Daily Food Prep
20:15-20:30	CDR	БМП Ф1 Absorption Cartridge Regeneration (terminate)
20:30-21:25	FE-2	Pre-sleep
20:30-21:30	CDR,FE-1	Pre-sleep
21:25-21:30	FE-2	Questionnaire - log entry
21:30-06:00		SLEEP

Note

- SM Window #9 shutter opening is at crew discretion with **Report to MCC** See OSTP for references to US activities.

 End of Radiogram