ISS4/ISS5 Crew Handover

GMT	CREW	ACTIVITY
09:50-10:00	ISS5	Morning inspection
09:50-10:50	FF-2	Post-sleep
09:50-11:20	FE-1, CDR	
10:00–10:30	ISS5	Post-sleep
10:30-11:20		BREAKFAST
11:00–11:20	FE-2	Post-sleep
11:20–11:35		Daily planning conference (S-band)
11:35–12:05		Prep for work
12:05–12:20	CDR/ISS5	P/L status check
12:05–13:05	FE-1, FE-1/ISS5, FE-2, FE-2/ISS5	Crew handover
12:05–14:20	CDR	MPLM cargo transfer
12:20–14:20	CDR/ISS5	MPLM Cargo transfer
13:05–13:15	FE-2	BPS handle installation
13:05–14:45	FE-1/ISS5	MPLM cargo transfer
13:05–14:05	FE-2/ISS5	Active rest
13.03 14.03	FE-1	Physical exercise (TVIS)
13:15–13:20	FE-2	Pre-return BPS status check
13:20–14:45	FE-2	
14:05–14:50	FE-1	MPLM cargo transfer
14:05–17:20	FE-2/ISS5	
14:20–15:20	CDR	Physical exercise (TVIS-1)
14:20–14:50	CDR/ISS5	??? maintenance
14:45–14:55	FE-2, FE-1/ISS5	Prep for PAO event
14:50–15:20	CDR/ISS5	IMS file prep
14:55–15:15	FE-1/ISS5, FE-2	PAO event (USOS assets)
15:00–16:20	FE-1	MPLM cargo transfer
15:15–16:20	FE-1/ISS5	MPLM cargo transier
15:15–16:15	FE-2	Physical exercise (TVIS)
15:20–17:20	CDR	Crew handover
15:25–17:25	CDR/ISS5	orew naridover
16:15–17:20	FE-2	MPLM cargo transfer
16:20–17:20	FE-1	Physical exercise (TVIS)
10.20-17.20	FE-1/ISS5	Physical exercise (CEVIS)
17:20–18:20		LUNCH
18:20–19:20		EVA procedure review
19:20–19:50		ISS/STS crew pictures
19:50–20:35		ISS/STS crew press conference (USOS assets)
20:35–22:35	FE-2/ISS5, FE-1/ISS5	MPLM cargo transfer

20:35–21:35	FE-1/ISS5	
	CDR/ISS5	Active rest
20:35–21:35	CDR	Physical exercise (TVIS-1)
20:35–21:25	FE-1	MPLM cargo transfer
20:35–20:55	FE-2	Safer stowage in MPLM
20:55–21:30		MPLM cargo transfer
21:25–21:35	FE-1	STS Middeck return cargo status check
21:30–21:35	- FE-2	Pre-return BPS status check
		Physical exercise (TVIS)
	FE-1, FE-1/ISS5, CDR, CDR/ISS5	Crew handover
22:35–22:50		Daily planning conference (S-band)
22:50–23:10	FE-1/ISS5	DINNER
22:50-00:50	FE-2	
22:50–23:45	FE-1	Pre-sleep
22:50-00:10	CDR	
22:50-23:00	CDR/ISS5	Private medical conference (S-band)
22.30-23.00	FE-2/ISS5	Pre-return BPS status check
23:00–23:10	1 L 2/1003	Private medical conference (S-band)
23:00–23:35	CDR/ISS5	DINNER
23:10–23:35	FE-2/ISS5	
23:10–23:20	FE-1/ISS5	Private medical conference (S-band)
23:20–23:35	I L-1/1000	DINNER
23:35-00:05	ISS5	Daily food prep
23:45-00:00	FE-1	Private medical conference (S-band)
00:00-00:50		Pre-sleep
00:05–00:50	ISS5	Pre-sleep
00:10-00:25	CDR	Private medical conference (S-band)
00:25-00:50		Pre-sleep
00:50-09:50		SLEEP

Notes:

See OSTP for references to US activities

Task List activity for CDR: URAGAN Earth Observations per end of radiogram