### TORU Training. ROKVISS

<table>
<thead>
<tr>
<th>GMT</th>
<th>CREW</th>
<th>ACTIVITY</th>
</tr>
</thead>
<tbody>
<tr>
<td>06:00-06:10</td>
<td></td>
<td>Morning inspection</td>
</tr>
<tr>
<td>06:10-06:40</td>
<td></td>
<td>Post-sleep</td>
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<tr>
<td>06:40-07:30</td>
<td></td>
<td>BREAKFAST</td>
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<tr>
<td>07:30-08:00</td>
<td></td>
<td>Work prep</td>
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<tr>
<td>08:00-08:15</td>
<td></td>
<td>Daily planning conference <em>(S-band)</em></td>
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<tr>
<td>08:15-11:15</td>
<td></td>
<td>TORU Training. <em>Tagup with specialists</em> <em>(S-band + VHF)</em></td>
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<tr>
<td>11:20-12:50</td>
<td>CDR</td>
<td>Physical Exercise <em>(TVIS)</em>, day 3</td>
</tr>
<tr>
<td>12:50-13:50</td>
<td></td>
<td>LUNCH</td>
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<tr>
<td>13:50-14:05</td>
<td></td>
<td>Flight Director / ISS Crew Tagup <em>(S-band)</em></td>
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<tr>
<td>14:05-14:35</td>
<td>CDR</td>
<td>CO2K maintenance</td>
</tr>
<tr>
<td>14:05-14:45</td>
<td>FE-1</td>
<td>System config for TV downlink via Ku-band (TV system set up for docking/undocking)</td>
</tr>
<tr>
<td>14:45-15:15</td>
<td></td>
<td>TESTING video downlink via Ku-band (configuring TV System for docking/undocking) <em>(Ku-band)</em></td>
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<tr>
<td>15:15-15:25</td>
<td>FE-1</td>
<td>Photo/TV: Laptop A31P deactivation</td>
</tr>
<tr>
<td>15:25-15:45</td>
<td></td>
<td>ISS Crew / Kent Rominger tagup <em>(Astronaut Office)</em> <em>(S-band)</em></td>
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<tr>
<td>15:45-16:45</td>
<td>FE-1</td>
<td>Physical Exercise <em>(TVIS)</em></td>
</tr>
<tr>
<td>16:05-16:25</td>
<td>CDR</td>
<td>Repair of cable 1 connector P5M4-102W6B for Cryogem-03M</td>
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<tr>
<td>16:45-18:15</td>
<td>FE-1</td>
<td>Physical Exercise <em>(RED)</em></td>
</tr>
<tr>
<td>17:10-18:10</td>
<td>CDR</td>
<td>Physical exercise <em>(VELO + Load Trainer/Cycle 1)</em>, day 3</td>
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<tr>
<td>18:10-18:40</td>
<td>CDR</td>
<td>Daily plan review</td>
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<tr>
<td>18:15-18:20</td>
<td>FE-1</td>
<td>Transfer TVIS, RED, and HRM data to MEC</td>
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<tr>
<td>18:20-18:40</td>
<td>FE-1</td>
<td>Daily plan review</td>
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<tr>
<td>18:40-18:55</td>
<td></td>
<td>Daily planning conference <em>(S-band)</em></td>
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<tr>
<td>19:00-19:30</td>
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<td>Report prep</td>
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<tr>
<td>19:30-20:00</td>
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<td>DINNER</td>
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<tr>
<td>20:00-20:30</td>
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<td>Daily food prep</td>
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<tr>
<td>20:30-21:30</td>
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<td>Pre-sleep</td>
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<tr>
<td>21:30-07:30</td>
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<td>SLEEP</td>
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</table>

#### Task List

- CDR
  - PLANTS-2. Payload status check
  - URAGAN. Observation and photo imagery
  - IMS file prep
  - SM ΠxO and DC1 reconfig to initial state after EVA

**Note:** See OSTP for references to US activities.

End of radiogram