

Ops with Orlan replaceable elements. Health Status.

GMT	CREW	ACTIVITY
11:00-11:10		Morning inspection
11:10-11:40		Post-sleep
11:40-12:30		BREAKFAST
12:30-13:00	FE-1	Work prep
12:30-12:50	CDR	Work prep
12:50-12:55	CDR	Express Rack 5 - laptop power up
12:55-13:00	CDR	SNFM, EXPRESS rack 5 data exchange analysis.
13:00-13:15		Daily planning conference (<i>S-band</i>)
13:15-14:25		Ops with Orlan replaceable elements
14:25-15:25		Installation of helmet lights on Orlan
15:25-15:55		Testing ПОВ [EVA support panel] in DC1 and ПХО [Transfer Compartment]
15:55-17:25	FE-1	Physical Exercise (TVIS), day 2
15:55-17:25	CDR	Physical exercise (CEVIS)
17:25-18:25		LUNCH
18:40-18:45	CDR	Rebooting OCA SSC router
18:45-18:50	CDR	Carbon dioxide monitoring
18:50-19:50		"Egress from DC1" procedure review
19:50-20:20	CDR	COЖ maintenance
19:50-20:30	FE-1	Installation of additional portable repress tank (БНП) in DC1
20:25-20:30	CDR	Serial Network Flow Monitor (SNFM): loading registration file onto EXPRESS rack 5 ELC laptop
20:30-20:40	FE-1	Soyuz Gas Analyzer deactivation
20:30-20:50	CDR	IMS update
20:50-21:40	CDR FE-1- assists	A study of cardiovascular system response to graded cycle ergometer exercise (To=21:11). <i>Tagup with specialists (VHF)</i>
21:45-21:50	CDR	EXPRES rack 5 laptop power down
22:00-22:15		Flight Director/ISS Crew Tagup (<i>S-band</i>)
22:25-23:15	FE-1 CDR- assists	A study of cardiovascular system response to graded cycle ergometer exercise (To=22:45). <i>Tagup with specialists (VHF)</i>
23:15-00:15	CDR	Physical exercise (RED)
23:15-23:55	FE-1	Portable repress tank (БНП #3 п.1, b/c 001473R CO1BПC_2) set up in PO (Working Compartment)
00:00-00:30	FE-1	Daily plan review
00:15-00:20	CDR	Transferring TVIS, RED, and HRM data to MEC
00:35-00:50		Daily planning conference (<i>S-band</i>)
00:50-01:20		DINNER
01:20-01:50		Report prep
01:50-02:30		Pre-sleep
02:30-13:00		SLEEP
Task list	FE-1	GCF-JAXA. ТБУ incubator temperature check
		PLANTS-2. Payload status check

Notes: 1. Note: See OSTP for references to US activities.

2. **S-band** is available for tagup with EVA specialists, see **OSTP**

End of radiogram