

**PREPARATION FOR EVA. FOUR-WEEK [ACH] TEST**

GMT	CREW	ACTIVITY
12:00-12:10		Morning inspection
12:10-12:40		Post-sleep
12:40-13:30		BREAKFAST
13:30-14:00		Work prep
14:00-14:15		Daily Planning Conference ( <i>S-band</i> )
14:15-14:30		ISS crew and ГОГУ (RSA Flight Control Team) weekly conference ( <i>S-band</i> )
14:30-15:50	CDR	Ops with Orlan replaceable elements DC1 in-flight comm procedure
14:30-15:50	FE-1	Ops with Orlan replaceable elements DC1 in-flight comm procedure
15:50-16:20		Testing ПОВ [EVA support panel] in DC1 and ПхО [Transfer Compartment]
16:20-17:50	FE-1	Physical Exercise (TVIS)
16:20-16:50	CDR	ACH-M raw data prep for downlink via OCA. <i>Tagup with specialists as necessary (S-band)</i>
16:50-17:00	CDR	ALTCRISS. Health check. <i>Tagup with specialists as necessary (S-band)</i>
17:05-17:35	CDR	COЖ maintenance
17:35-19:05	CDR	Physical Exercise (TVIS) day 3
17:50-18:50	FE-1	Physical Exercise (RED)
18:50-18:55	FE-1	BCAT-3: camera checkout
18:55-19:05	FE-1	MSG: activation
19:05-19:10	CDR	<b>On MCC Go</b> ISS O2 repress from Progress 356 CpПК (start)
19:05-19:10	FE-1	Transferring TVIS, RED, and HRM data to MEC
19:10-20:10		LUNCH
20:10-21:20	FE-1	INSPACE. Experiment ops
20:10-20:15	CDR	ISS O2 repress from Progress 356 CpПК (terminate)
20:15-20:55	CDR	Portable repress tank (БНП #3 п.1, b/c 001473R CO1BПC_1) set up in PO [Working Compartment]
20:55-21:25	CDR	Installation of additional portable repress tank (БНП) in DC1
21:25-21:40	CDR	Taking readings from AOK ГАНК-4M gas analyzer
21:30-21:45	FE-1	INSPACE. Monitoring set up
21:40-22:00	CDR	IMS update
22:05-22:20	FE-1	INSPACE. Monitoring image
22:20-22:35		Flight Director / ISS Crew Tagup ( <i>S-band</i> )
22:45-22:50	FE-1	O2 and CO2 monitoring
22:50-23:00	FE-1	INSPACE. Monitoring set up
23:00-23:20	FE-1	INSPACE. Videocassette replacement.
23:20-23:30	FE-1	INSPACE. Power off
23:30-00:20	CDR FE-1 assists	A study of cardiovascular system response to graded cycle ergometer exercise <b>To= 23:52.</b> <i>Tagup with specialists (VHF)</i>

00:20-00:25	FE-1	MSG - power off
00:25-00:30	FE-1	Rebooting OCA SSC router
00:30-00:45	FE-1	Questionnaire - journal entry
00:45-01:00		Daily Planning Conference ( <i>S-band</i> )
01:00-01:50	FE-1 CDR assists	A study of cardiovascular system response to graded cycle ergometer exercise <b>To= 01:28.</b> Tagup with specialists (VHF)
01:50-02:20		DINNER
02:20-02:40		Daily food prep
02:40-03:30		Pre-sleep
03:30-12:00		SLEEP
<b>Task List</b>	CDR	Search for missing hardware / r/g 2689

**Remark**

1. See OSTP for references to US activities.
2. Tagups with specialists (VHF + S-band) during all EVA-16 prep activities

End of Radiogram