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<tr>
<th>GMT</th>
<th>CREW</th>
<th>ACTIVITY</th>
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<tr>
<td>06:00-06:10</td>
<td>CDR</td>
<td>Morning Inspection.</td>
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<td></td>
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<td><em>Inspection of CM-Y connector on MHP-HC pump behind ACY panel 139.</em></td>
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<td>06:00-06:10</td>
<td>FE-1, FE-5, FE-6</td>
<td>Morning Inspection</td>
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<td>06:00-06:05</td>
<td>FE-3</td>
<td>Elektron-VM Aerosol Filter Inspection</td>
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<td>06:00-06:05</td>
<td>FE-2</td>
<td>PROK- PH Urine Test</td>
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<td>FE-2, FE-3</td>
<td>Morning Inspection</td>
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<td>06:10-06:40</td>
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<td>Post-sleep</td>
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<td>06:40-07:30</td>
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<td>07:30-07:40</td>
<td>CDR, FE-1, FE-3, FE-2, FE-5</td>
<td>Work Prep</td>
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<td>07:30-07:40</td>
<td>FE-6</td>
<td>EHS GC/DMS Ops Start</td>
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<td>07:40-08:05</td>
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<td>Daily Planning Conference (S-band)</td>
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<td>08:05-08:15</td>
<td>FE-1</td>
<td>Work Prep</td>
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<td>08:05-08:35</td>
<td>FE-3</td>
<td>Medical Proficiency Training</td>
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<td>08:05-08:20</td>
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<td>Video Setup for CIR Footage</td>
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<td>08:05-08:15</td>
<td>FE-2</td>
<td>SDRM Power up</td>
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<td>08:05-09:35</td>
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<td>T2 Inspection</td>
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<td>CDR</td>
<td>Physical Exercise (ARED)</td>
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<td>FE-6</td>
<td>CIR, Rack Activation for Fluids and Oxydizer Ops</td>
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<td>08:20-09:20</td>
<td>FE-2</td>
<td>Physical Exercise (CEVIS)</td>
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<td>08:35-08:55</td>
<td>FE-6</td>
<td>CIR Front End Cap Open</td>
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<td>08:40-10:10</td>
<td>FE-3</td>
<td>Physical Exercise (TVIS), Day 1</td>
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<tr>
<td>08:40-10:10</td>
<td>FE-1</td>
<td>PILOT-M FE-1 runs the experiment using Neurolab. <em>Tagup with specialists (S-band)</em></td>
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<td>08:55-09:05</td>
<td>FE-6</td>
<td>CIR Fuel Supply Bypass QD Retrieval</td>
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<td>09:05-10:55</td>
<td>FE-6</td>
<td>MDCA Fuel Reservoir Replacement</td>
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<td>CDR</td>
<td>PILOT, Assistance in Running the Experiment using Neurolab <em>Tagup with specialists (S-band)</em></td>
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<td>FE-2</td>
<td>WRS Water Sample Analysis</td>
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<td>FE-2</td>
<td>WRS Sample Collection</td>
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<td>09:35-11:05</td>
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<td>10:10-13:00</td>
<td>CDR, FE-3</td>
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<td>10:20-12:15</td>
<td>FE-2</td>
<td>EHS SM Sample Collection</td>
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<td>10:55-11:20</td>
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<td>CIR Front End Cap Close</td>
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<td>11:05-11:10</td>
<td>FE-5</td>
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<td>11:10-11:55</td>
<td>FE-5</td>
<td>BIOLAB WAICO AAS Insert Preparation and Installation</td>
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<td>FCF Rack Door Close</td>
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<td>11:55-12:55</td>
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<td>Physical Exercise (CEVIS)</td>
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<tr>
<td>Time</td>
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<td>11:55-12:40</td>
<td>EMU Cooling Loop Maintenance Start</td>
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<tr>
<td>12:15-12:20</td>
<td>TOCA Data Recording</td>
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<td>12:40-12:45</td>
<td>Terminate EHS GC/DMS Ops</td>
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<td>12:45-13:45</td>
<td>LUNCH</td>
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<td>13:00-14:00</td>
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<td>13:45-14:30</td>
<td>EMU Cooling Loop Config</td>
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<td>13:55-14:00</td>
<td>PROK Diet Logging Day 1</td>
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<td>14:00-14:30</td>
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<td>14:00-14:30</td>
<td>On MCC GO Elektron-VM Purge and Power Down</td>
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<td>MELFI Stage 1A Ice Brick Insert</td>
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<td>Water Sample Analysis</td>
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<td>14:10-14:35</td>
<td>GLACIER - Software Load</td>
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<td>14:10-15:20</td>
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<td>14:30-16:00</td>
<td>CARDIOMED Hardware Familiarization Session. Tagup with specialists (S-band)</td>
<td>CDR</td>
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<td>14:30-15:30</td>
<td>Video Footage for Channel One</td>
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<td>14:35-14:55</td>
<td>Start BSA Battery Charge</td>
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<td>14:55-15:10</td>
<td>Private Medical Conference</td>
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<td>15:15-15:30</td>
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<td>15:30-16:10</td>
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<td>Physical Exercise (CEVIS)</td>
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<td>15:35-15:50</td>
<td>URAGAN. Observations and Photography</td>
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<td>15:40-15:55</td>
<td>MELFI Portable Computer System Deactivation</td>
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<td>15:55-16:50</td>
<td>SLEEP - Battery Replacement and Actiwatch Data Download for Downlink</td>
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<tr>
<td>16:05-16:55</td>
<td>A study of cardiovascular system response to graded cycle ergometer exercise. Tagup with specialists (VHF)</td>
<td>CDR, FE-3</td>
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<td>16:30-17:15</td>
<td>EMU Cooling Loop Scrub Terminate</td>
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<td>16:50-17:20</td>
<td>Physical Exercise (ARED)</td>
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<td>16:50-17:20</td>
<td>Cleaning LIV TVS Voltage Converter Ventilation Grille</td>
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<td>16:50-17:50</td>
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<td>16:55-18:25</td>
<td>Physical Exercise (TVIS), Day 3</td>
<td>CDR</td>
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<td>BIOLAB WAICO Container Prep</td>
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<td>IMS Update</td>
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<td>Evening Work Prep</td>
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<td>EHS Water Reclamation</td>
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<td>ISS Crew tagup with Kent Rominger from the Astronaut Office</td>
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<td>FE-5 Evening Work Prep</td>
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<td>18:20-18:30</td>
<td>FE-6 Evening Work Prep</td>
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<td>. Daily Planning Conference (S-band)</td>
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<td>FE-6 Crew Discretionary Conference</td>
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<td>19:30-21:30</td>
<td>CDR, FE-2, FE-3, FE-5 Pre-sleep</td>
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<td>19:35-21:25</td>
<td>FE-6 Pre-sleep</td>
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<td>FE-6 MPC Power Down</td>
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<td>21:30-06:00</td>
<td>SLEEP</td>
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**Notes:**
1. SM Window #9 shutter opening is at crew discretion w/ Report to MCC
2. See OSTP for references to US activities
3. Pre-sleep ops: dinner, daily food prep, evening toilet
End of Radiogram