

TORU TRAINING. MEDICAL EXPERIMENTS.

GMT	CREW	ACTIVITY
06:00-06:10	CDR,FE-1	Morning inspection
06:00-06:05	FE-2	SLEEP - data logging
06:05-06:10		Morning inspection
06:10-06:40	CDR	Post-sleep
06:10-06:25	FE-1	Biochemical urine test
06:10-06:25	FE-2	Post-sleep
06:25-06:55	FE-1	
06:25-06:40	FE-2	Biochemical urine test
06:40-06:55		Post-sleep
06:40-06:55	CDR	Biochemical urine test
06:55-07:25	.	BREAKFAST
07:25-07:40	.	Daily Planning Conference (<i>S-band</i>)
07:40-07:55	.	ISS Crew and ГОГУ (RSA Flight Control Team) Weekly Conference (<i>S-band</i>)
07:55-08:15	.	BREAKFAST
08:15-08:45	FE-1, FE-2 (assists)	Periodic Health Status
08:15-08:45	CDR	DYKHANIE. Experiment setup. <i>Tagup with specialists (S-band)</i>
08:45-09:15	CDR FE-1 (assists)	Periodic Health Status
08:45-09:05	FE-2	LOCD - media photography
09:05-10:05		CFE - hardware setup
09:15-10:35	CDR	DYKHANIE. Experiment and closeout ops
09:35-10:35	FE-1	Physical Exercise (RED)
10:05-12:05	FE-2	CFE - Vane Gap 2 Test
10:35-13:35	CDR,FE-1	TORU Training. <i>Tagup with specialists (S-band)</i>
12:05-12:35	FE-2	CFE - hardware teardown
12:35-13:35		Physical Exercise (RED)
13:35-14:35	.	LUNCH
14:35-15:15	FE-2	PHS and MO-9 hardware stow
14:35-16:20	FE-1 (assists)	BIMS. Experiment ops. <i>Tagup with specialists (S-band)</i>
15:05-15:55	CDR	
15:15-15:30	FE-2	Food frequency questionnaire
15:30-15:50		IMS Update
15:55-16:55	CDR	Physical Exercise (VELO+RED) day 4
16:00-17:30	FE-2	Physical Exercise (CEVIS)
16:20-16:50	FE-1	COЖ Maintenance
16:55-18:25	CDR	Physical Exercise (TVIS) Day 4
17:15-18:45	FE-1	Physical Exercise (CEVIS)
17:30-17:40	FE-2	O2 level check
17:40-17:45		OCA SSC router reboot
17:45-17:50		SSC file server reboot

17:50-17:55		Connect DCP Power Cable
17:55-18:25	FE-2	Prep for Work
18:25-18:45	CDR	
18:40-18:45	FE-2	Transfer TVIS/RED/CEVIS/HRM data to MEC
18:45-19:00	.	Daily Planning Conference (<i>S-band</i>)
19:00-19:10	.	Prep for Work
19:10-19:35	.	Daily Food Prep
19:35-19:55	.	Flight Director / ISS Crew Tagup (<i>S-band</i>)
19:55-20:30	.	DINNER
20:30-21:30	.	Pre-sleep
21:30-06:00	.	SLEEP

Note: See OSTP for references to US activities. End of Radiogram