

**Regul-OS Test (2nd H/W set) / Veloergometer Maintenance**

GMT	Crew	Activity / <i>ODF or R/G</i>
06:00–06:10		Morning inspection
06:10–06:40		Post-sleep
06:40–07:30		BREAKFAST
07:30–08:10	FE-1	PLASMA CRYSTAL-3: video downlink / ?? <i>item 2.8, page 2-30</i>
07:30–07:50	CDR	R&R prep. CWC R&R for Elektron scheduled to occur based on the ?? ??? status
07:30–07:45	PLT	Installation of ???? in nominal location / ??? ????? ?? <i>item 6.1.1, pg. 6-1 +r/g 717</i>
07:50–08:00	CDR, PLT	Daily planning conference (morning)
08:00–11:00	CDR	ISS-1/ISS-2 handover prep
08:00–09:45	PLT	Checkout of ? ?051 using ????? and ??3 / ???? ?? / <i>item 10.6, pg. 10-6 to 10-8 +r/g 717</i>
09:00–10:00	FE-1	Physical exercise (TVIS-1)
10:00–11:00	PLT	Physical exercise (TVIS-1)
10:00–10:20	FE-1	Pump ? <sub>2</sub> from Progress ???? into ISS / ???? ?? <i>item 3.7, pages 3-2, 3-3 (Elektron is OFF when ?? allows)</i>
10:50–11:05	FE-1	??????. Earth observations / <i>R/g 711</i>
11:00–12:00	CDR	Physical exercise (TVIS)
11:15–11:45	FE-1, PLT	Checkout intermodular comm in Soyuz (-Y FGB), LAB, SM / <i>r/g 709</i>
12:00–13:00		LUNCH
13:00–16:00	PLT, FE-1	Veloergometer maintenance / <i>r/g 710</i>
13:00–15:00	CDR	MACE II protocol / <i>OC?_1640</i>
15:00–16:30	CDR	Physical exercise (IRED)
16:00–17:00	FE-1	Physical exercise (TVIS-1)
17:00–17:15		PAO event: ISS crew address to Dan Goldin / <i>???_1750 (recording)</i>
17:20–18:20	PLT	Physical exercise (TVIS-1)
18:20–18:50		Report prep
18:50–19:20		Review plan for the next day
19:20–19:50		DINNER
19:50–20:20		Daily food ration prep
20:20–20:30		Daily planning conference (evening)
20:30–21:30		Pre-sleep
21:30–06:00		SLEEP

## NOTE:

Earth observations / OCA: candidate activity

End of radiogram