

Training in Chibis set

GMT	Crew	Activity/ <i>ODF or R/G</i>
07:30 - 07:40		Morning inspection
07:40 - 08:10		Post sleep
08:10 - 09:00		Breakfast
09:00 - 09:30		Work prep.
09:50 - 10:05		Daily planning conference (morning)
10:05 - 10:45	.	Prepare equipment to be returned on 7A.1
10:45 - 11:30	FE-1	Physical exercise (TVIS)
11:30 - 13:00	CDR	Physical exercise (active rest)
11:30 - 12:15	FE-1	Physical exercise (RED)
11:45 - 12:15	FE-2	Conduct the psychological assessment plan (WinSCAT)
12:15 - 13:15	FE-1	Prepare equipment to be returned on 7A.1
12:15 - 13:15	FE-2	Physical exercise (TVIS)
13:15 - 14:15		Lunch
14:15 - 14:45		Conference on flight 7? .1
14:45 - 15:05	FE-2	Check the payload equipment in the LAB
14:50 - 15:05	CDR, FE-2	Telephone discussions about inventory
15:05 - 15:35	FE-1	Take readings on TLD dosimeters
15:05 - 15:45	CDR	? ? ? maintenance
15:05 - 16:45	FE-2	Prepare equipment to be returned on 7A.1
15:35 - 15:45	FE-1	Transfer data on DOSMAP TLD to RS HRF computer for subsequent downlink
15:45 - 16:45	CDR	Training in Chibis set. To=16:26(GMT) / ? ? , <i>book 2, item 2.3, pg.2-13 - 2-20</i>
15:45 - 16:45	FE-1	Training in Chibis set. To=16:26(GMT) / ? ? , <i>book 2, item 2.3, pg.2-13 - 2-20</i> (assist)
16:00 - 16:15	FE-2	Check the payload equipment in the LAB
16:45 - 17:05	FE-2	Prepare delta file for downlink
17:15 - 17:45		CHECS questionnaire
17:30 - 17:45		Discussions with doctors (via S-band)
17:45 - 18:00	FE-1	Prepare TLD data for downlink, disconnect cables after data transfer
18:00 - 18:30		Monthly maintenance for treadmill (TVIS)
18:30 - 19:00	FE-1	Conduct the psychological assessment plan (WinSCAT)
18:30 - 19:15	FE-2	Physical exercise (TVIS)
18:45 - 18:55	CDR	Inspect separator ? ? ? ? -1

18:55 - 20:05	CDR	Replace dust filter cartridge / <i>ODF ? ? ? ?</i> , item 4.5.1, pg. 4-8
19:00 - 19:15	FE-1	ARIS Rack 2 – Remove guides
19:15 - 20:00	FE-2	Physical exercise (RED)
19:15 - 20:15	FE-1	Physical exercise (TVIS)
20:15 - 20:35		Report prep.
20:35 - 21:05		Dinner
21:05 - 21:20		Daily planning conference (evening)
21:20 - 21:50		Daily food ration prep.
22:20 - 23:00		Pre-sleep
23:00 - 07:30		Sleep

NOTE: See ? S?? for absent references to U.S. operations.

End of radiogram