

Attitude Change (???-to-???)

GMT	Crew	Activity / <i>ODF or R/G Reference</i>
06:00–06:10		Morning inspection
06:10–06:40		Personal hygiene (post-sleep)
06:40–07:30		BREAKFAST
07:30–10:25		7?.1 cargo transfer
10:25–10:40		Daily planning conference
10:40–11:10	CDR	Daily status check of US payloads / <i>Daily Status Check Matrix: Cue Cards: Daily Status Check Matrix/(BSTC is only needed while it is operational)</i>
10:40–12:10	PLT	Physical exercise (IRED-1)
11:30–12:30	FE-1	Physical exercise (cycle-1)
11:30–12:30	CDR	Physical exercise (? EVIS)
12:30–13:30		LUNCH
13:35–13:45	PLT	BSTC: camera setup 2 / <i>TVOPS - TV Photo Operations: Nominals: QTCMA1 Camera Setup/(Perform Step 1)</i>
13:45–14:00	PLT	BSTC: photo ops 2 on day 6
13:45–14:45	CDR	BSTC: analyzing media / <i>BSTC - Biotechnology Specimen Temperature Controller: Nominals: BSTC Analyze Media</i>
14:00–16:00	PLT, FE-1	7?.1 cargo transfer
14:50–15:00	CDR	BSTC: exchanging media
15:00–16:30	CDR	Physical exercise (RED) / <i>Integrated Medical Group: MED OPS: Nominal: CMS;/ RED - CREWMEMBER/ACCESSORY MATRIX</i>
16:00–16:40	FE-1	Maintenance of ??? on MCC go
16:30–17:25	CDR	BSTC: exchanging media / <i>BSTC - Biotechnology Specimen Temperature Controller: Nominals: BSTC Exchange Media/ PERFORM STEPS 1.7 THROUGH 7.8;</i>
17:15–18:45	FE-1	Physical exercise (IRED-1)
17:25–18:45	CDR	BSTC: preserving culture / <i>BSTC - Biotechnology Specimen Temperature Controller: Nominals: BSTC Preserve Culture</i>
17:25–17:40	PLT	BSTC: photo ops 2 on day 6
17:45–18:45	PLT	Physical exercise (cycle-1)
18:45–18:50	CDR	BSTC: gas purge / <i>BSTC - Biotechnology Specimen Temperature Controller: Nominals: BSTC Gas Purge</i>
18:45–19:30	PLT, FE-1	Report prep
18:50–19:30	CDR	Report prep
19:30–19:45		Daily planning conference
19:45–20:15		DINNER
20:15–20:30		Daily food ration prep
20:30–21:30		Personal hygiene (pre-sleep)
21:30–06:00		SLEEP

Note: See OSTP for references to US activities

End of radiogram