Progress Transfer Ops

GMT	Crew	Activity / ODF or R/G Reference
06:00–06:10		Morning inspection
06:10–06:40		Personal hygiene (post-sleep)
06:40–07:30		BREAKFAST
07:30–07:45	FE-1, PLT	Work prep
07:30–07:45	CDR	RENAL STONE: filing out metabolic log (food and fluid intake log for CDR)
07:45–08:00		Daily planning conference
08:00–08:15		Work prep
08:15–10:15	CDR	Progress cargo ops with IMS support / RODF ??? ???
08:15–09:55	FE-1	Progress cargo ops with IMS support / RODF ??? ???
08:15–10:45	PLT	????-1? (?304) R&R / ??? ????? ??, item 5.4, pg. 5-10, 5-11+ r/g <u>1775</u>
09:55–10:55	FE-1	Physical exercise (CEVIS)
10:15–11:15	CDR	Physical exercise (TVIS)
10:55–11:55	FE-1	Checking gas analyzer ? ?0501 using ???? and ? ?3 / <i>RODF ? ? ??? ?? , item 10.8, pages 10-7 to 10-8</i>
11:00–12:30	PLT	Physical exercise (TVIS+IRED)
11:35–11:45	CDR	BSTC: photo ops 1
11:55–12:30	FE-1	Maintenance of ???
11:45-12:00	CDR	BSTC: photo ops 1
12:00-12:20	CDR	RENAL STONE: equipment setup
12:20-12:30	CDR	Setting up TV camera for TV conference
12:30-13:30		LUNCH
13:30-14:00	PLT	7?.1 cargo transfer and stowage ops
13:30–14:15	FE-1	7?.1 cargo transfer and stowage ops
13:30–14:30	CDR	7?.1 cargo transfer and stowage ops
14:00–14:15	PLT	Private medical conference
14:15–16:00	PLT	7?.1 cargo transfer and stowage ops
14:15–14:30	FE-1	Private medical conference
14:30-15:40	FE-1	7?.1 cargo transfer and stowage ops
14:30-14:45	CDR	Private medical conference
14:45-16:00	CDR	7?.1 cargo transfer and stowage ops
15:40–16:00	FE-1	Delta file downlink prep
16:00–16:15		Prep for PAO TV conference with the media
16:15–16:35		PAO TV conference with the media
16:35–17:35	PLT	Physical exercise (cycle)
16:35–18:05	CDR	Physical exercise (RED)
17:10-18:40	FE-1	Physical exercise (TVIS+IRED)
17:35–18:45	PLT	7?.1 cargo transfer and stowage ops
18:15–18:45	CDR	Daily status check of US payloads
18:40–19:05	FE-1	Report prep

18:45–19:05	CDR, PLT	Report prep
19:05–19:35		DINNER
19:35–19:50		Daily planning conference
19:50–20:30	FE-1, PLT	Daily food ration prep
19:50–20:15	CDR	Daily food ration prep
20:15-20:30	CDR	Family conference
20:30-21:30		Personal hygiene (pre-sleep)
21:30-06:00		SLEEP

Note: See OSTP for references to US activities

End of radiogram