

## Mate/demate of SM and FGB power supply system (ÑÝ Ĩ) connectors

Time		Crew	Activity	ODF	Point or radiogram
06:00	06:10		Morning inspection		
06:10	06:40		Post-sleep		
06:40	07:30		Breakfast		
07:30	08:00		Preparation for work		
08:00	08:35	CDR	SSK/WMK DATA ANALYSIS		Msg OCA_0416
08:45	09:00		Daily morning planning conference		
09:00	10:00	PILOT, FE-1	Mate/demate of SM and FGB power supply system (ÑÝ Ĩ) connectors (ARCU, ÑÍÒ 50 ì Ĩ) /		radiogram 279
09:00	09:15	CDR	Food questionnaire on MEC		
9:15	11:15	CDR	OCA Pin Kit Install		Msg OCA_0659
10:20	10:30	PILOT	Private medical conference		
10:20	11:50	FE-1	Physical exercise (TVIS-1)		
11:15	12:15	CDR	Physical exercise (IRED)		
11:20	11:50	PILOT	Active rest		
11:50	13:20	PILOT, FE1	LUNCH		
12:15	13:45	CDR	LUNCH		
13:20	15:20	PILOT, FE-1	Preparation for TORU mode, discussions with instructor		radiogram
13:45	15:15	CDR	OCA Video Test		Msg OCA_0676
16:50	17:10	CDR	Erase data files from HRM		Msg OCA_0416
17:10	17:40	CDR	Transfer files from MEC to OCA		Msg OCA_0416
15:20	16:50	PILOT	Update IMS database		
15:20	17:30	FE-1	Update IMS database		
15:30	16:30	CDR	Physical exercise (TVIS)		
16:30	16:45	CDR	Private medical conference		
16:50	18:20	PILOT	Physical exercise (TVIS-1)		
17:30	17:50	FE-1	Prepare to downlink delta file.		
17:50	18:20	FE-1	Active rest		
18:20	18:50		Familiarization with the following day plan		
18:50	19:20		Report preparation		
19:12		CDR	Earth observations if time permits		SCENES P/ TV 102
19:27	19:37		Daily evening planning conference		
19:37	20:07		Dinner		
20:07	20:30		Daily food ration prep		
20:30	21:30		Pre-sleep		
21:30	06:00		Sleep		

End of radiogram