

GMT	Crew	Activity	ODF	Page/Item
06:00-06:10	PLT	Morning inspection		
06:00-06:10	CDR	Morning inspection		
06:00-06:10	FE-1	Morning inspection		
06:10-06:40	FE-1	Post-sleep		
06:10-06:40	CDR	Post-sleep		
06:10-06:40	PLT	Post-sleep		
06:40-07:20	CDR	Breakfast		
06:40-07:20	PLT	Breakfast		
06:40-07:20	FE-1	Breakfast		
07:19-07:29	CDR	Daily planning conference (morning)		
07:20-07:30	PLT	Daily planning conference (morning)		
07:20-07:30	FE-1	Daily planning conference (morning)		
07:30-08:00	FE-1	Work prep		
07:30-08:00	PLT	Work prep		
07:30-08:00	CDR	Work prep		
08:00-08:30	PLT	Sound level meter measurements	ì Ì , book 1	Item 11.1.1, page 11-1R, item 11.1.2, page 11-3R + r/g
08:00-08:10	FE-1	Finish Ô1 Á Ì Ì regeneration	Ñ ÌÃÑ Ñ Ì	Item 7.3, pages 7-4 to 7-5, steps 3,4
08:10-08:20	FE-1	Begin Ô2 Á Ì Ì regeneration	Ñ ÌÃÑ Ñ Ì	Item 7.3, page 7-4, step 2
08:30-09:20	PLT	PAO TV event	radiogram	
08:30-09:20	CDR	PAO TV event	radiogram	
08:30-09:20	FE-1	PAO TV event	radiogram	
09:35-10:25	FE-1	Study of human cardiac activity and blood circulation (prep)	ì Ý	Pages 4-15 - 4-19, it. 4.2.1.2, steps 9-57
09:35-10:25	PLT	Study of human cardiac activity and blood circulation (prep)	ì Ý	Pages 4-15 - 4-19, it. 4.2.1.2, steps 9-57
10:19-10:49	CDR	Load TVIS data into ÌÃÑ	MED OPS	NOMINAL: CMS: pg 103
10:25-10:35	PLT	ËÃÐÃË Ì- Ì Ã Ì Ô (Cardio-LBNP) At-rest parameters collection	ì Ý	Pages 4-15 - 4-19, it. 4.2.1.2, steps 9-57
10:25-10:35	FE-1	At-rest parameters collection	ì Ý	Pages 4-15 - 4-19, it. 4.2.1.2, steps 9-57
10:35-11:35	PLT	Physical exercise (active rest)	ì Ì , book 2	Item 2.1
10:35-11:35	FE-1	ËÃÐÃË Ì- Ì Ã Ì Ô (Cardio-LBNP) Study of human cardiac activity and blood circulation	ì Ý	Pages 4-15 - 4-19, it. 4.2.1.2, steps 9-57
10:49-11:09	CDR	Erase HRM data files	MED OPS	NOMINAL: HMS: Heart Rate Monitor (HRM)
11:09-11:39	CDR	Transfer files from ÌÃÑ to ÌÑÃ	MED OPS	NOMINAL: CMS: pg 107
11:35-11:55	PLT	ËÃÐÃË Ì- Ì Ã Ì Ô (Cardio-LBNP) prep	ì Ý	Pages 4-15 - 4-19, it. 4.2.1.2, steps 9-57
11:35-11:55	FE-1	ËÃÐÃË Ì- Ì Ã Ì Ô (Cardio-LBNP) prep	ì Ý	Pages 4-15 - 4-19, it. 4.2.1.2, steps 9-57
11:40-12:40	CDR	Physical exercise (IRED)		
11:55-12:10	PLT	ËÃÐÃË Ì- Ì Ã Ì Ô (Cardio-LBNP): Record data	ì Ý	Pages 4-15 - 4-19, it. 4.2.1.2, steps 9-57
11:55-12:10	FE-1	Record data	ì Ý	Pages 4-15 - 4-19, it. 4.2.1.2, steps 9-57
12:09-12:39	PLT	ËÃÐÃË Ì- Ì Ã Ì Ô (Cardio-LBNP): finishing operations	ì Ý	Pages 4-15 - 4-19, it. 4.2.1.2, steps 9-57
12:10-12:40	FE-1	ËÃÐÃË Ì- Ì Ã Ì Ô (Cardio-LBNP): finishing operations	ì Ý	Pages 4-15 - 4-19, it. 4.2.1.2, steps 9-57
12:39-13:59	PLT	Lunch		
12:39-13:59	FE-1	Lunch		
12:39-13:59	CDR	Lunch		
14:00-15:50	PLT	Load Progress after removing Kurs components	radiogram	
14:00-16:00	CDR	Load Progress after removing Kurs components	radiogram	
15:00-16:00	FE-1	Take air samplers using Ë Ì Ã indicator samplers	Ñ ÌÃÑ Ñ Ì	Item 11.1, page 11-1, 11-2 + r/g
15:50-16:50	PLT	Sound level meter measurements	ì Ì , book 1	Item 11.1.1, page 11-1R, item 11.1.2, page 11-3R + r/g
15:59-16:09	CDR	Charge camcorder batteries	Ã èÃ Ñ Ì	Page 2-2, item 2.2
16:00-16:15	FE-1	Take air samplers using ÃË-1 Ì sampler	Ñ ÌÃÑ Ñ Ì	Item 11.2, page 11-3

16:50–17:50	CDR	Physical exercise (TVIS)		
16:50–17:50	PLT	Physical exercise (active rest)	i i, book 2	Item 2.1
16:50–17:50	FE-1	Physical exercise (active rest)	i i, book 2	Item 2.1
17:50–18:20	FE-1	WEEKLY PLANNING CONFERENCE		
17:50–18:20	PLT	WEEKLY PLANNING CONFERENCE		
17:50–18:20	CDR	WEEKLY PLANNING CONFERENCE		
18:19–18:49	CDR	Report prep		
18:19–18:49	FE-1	Report prep		
18:19–18:49	PLT	Report prep		
18:49–19:19	PLT	Familiarization with the next day plan		
18:49–19:19	CDR	Familiarization with the next day plan		
18:49–19:19	FE-1	Familiarization with the next day plan		
19:20–19:30	FE-1	Daily planning conference (evening)		
19:20–19:30	CDR	Daily planning conference (evening)		
19:20–19:30	PLT	Daily planning conference (evening)		
19:30–20:00	CDR	Dinner		
19:30–20:00	FE-1	Dinner		
19:30–20:00	PLT	Dinner		
20:00–20:30	CDR	Daily food ration prep		
20:00–20:30	FE-1	Daily food ration prep		
20:00–20:30	PLT	Daily food ration prep		
20:30–21:30	CDR	Pre-sleep		
20:30–21:30	PLT	Pre-sleep		
20:30–21:30	FE-1	Pre-sleep		
21:30–06:00	CDR	Sleep		
21:30–06:00	PLT	Sleep		
21:30–06:00	FE-1	Sleep		