

ISS/Shuttle Docking Test (performed by ground control)

GMT	Crew	Activity, link to ODF or R/G
06:00–06:10		Morning inspection
06:10–06:40	CDR, PLT	Post-sleep
06:10–06:35	FE-1	Post-sleep
06:35–06:50	FE-1	Mate connectors (11-8) / 11 Vol. 2, item 3.8.1, pg. 3-42 – 3-44
06:40–06:50	PLT	Measure lower leg circumference / 11 Vol. 2, item 3.7, pg. 3-37
06:50–07:00	CDR	Measure lower leg circumference / 11 Vol. 2, item 3.7, pg. 3-37
06:50–07:05	PLT	Start regeneration of O1 absorbent cartridge (A11) / N1A1N1, item 7.3, pg. 7-3, step 1
06:50–07:10	FE-1	Measure body mass / 11 Vol. 2, item 3.8.2, pg. 3-45 – 3-47
07:10–07:25	PLT	Measure body mass / 11 Vol. 2, item 3.8.2, pg. 3-45 – 3-47
07:10–07:20	FE-1	Measure lower leg circumference / 11 Vol. 2, item 3.7, pg. 3-37
07:20–07:30	FE-1	Change IOO power cells / 11 Vol. 2, item 3.10.2, pg. 3-68
07:25–07:40	CDR	Measure body mass / 11 Vol. 2, item 3.8.2, pg. 3-45 – 3-47
07:40–07:45	FE-1	Unmate connectors (11-8) / 11 Vol. 2, item 3.8.3, pg. 3-48
07:45–08:30		BREAKFAST
08:33–08:43		Daily planning conference
08:45–09:15		Work prep
09:15–09:45	FE-1	Noise meter measurements / 11 Vol. 1, item 11.1, pg. 11-1 – 11-6 + r/g 447
09:15–12:30	CDR, PLT	Unload D1A3 / OCA_953
10:30–11:05	FE-1	Noise meter measurements / 11 Vol. 1, item 11.1, pg. 11-1 – 11-6 + r/g 447
11:05–12:30	FE-1	Physical exercise (TVIS-2)
12:30–13:30	PLT	Physical exercise (IRED)
12:30–13:25	CDR	Physical exercise (TVIS)
12:30–12:35	FE-1	Weekly TVIS maintenance / 11A_0949, step 3
12:55–13:25	FE-1	Take noise meter measurements. Voice down recorded levels / 11 Vol. 1, item 11.1, pg. 11-1 – 11-6 + r/g 447
13:25–13:30	CDR	Weekly TVIS maintenance / 11A_0949, step 3
13:30–14:30		LUNCH
14:30–17:10	FE-1	Transfer and stow cargo in Progress using IMS / r/g 455
14:30–14:45	CDR	Plant morphology: photography / 11A_0869 step 6
14:30–16:40	PLT	Transfer and stow cargo in Progress using IMS / r/g 455
14:50–15:07	CDR	Conference with school students via ISS Ham Radio / 11A_949 step 7
15:28–15:47	CDR	OCA videoconference with MCC-H
16:00–17:30	CDR	Physical exercise (IRED)
17:00–18:25	PLT	Physical exercise (TVIS-2)
17:05–17:30	FE-1	Prepare delta file for downlink
17:30–18:25	FE-1	Physical exercise (IRED)
17:50–18:00	CDR	TEPS data downlink / 11A_0949 step 4
18:00–19:00	CDR	Prep for 5A
18:30–19:00	FE-1, PLT	Report prep
19:00–19:20		Review plan for the next day
19:20–19:30		Daily planning conference
19:30–20:00		DINNER

20:00–20:30		Daily food ration prep
20:30–21:30		Pre-sleep
21:30–06:00		SLEEP

Note 1

10:46, 15:06, 18:34	CDR	Earth observations
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Updated on urgent request from MCC-H

End of radiogram