

GMT	Crew	Activity and <i>links to ODF or R/G</i>
06:00–06:10		Morning inspection
06:10–06:40		Post-sleep
06:40–07:30		BREAKFAST
07:40–07:50		Daily planning conference
07:50–08:20		Work prep
08:30–09:00	FE-1	Record audiogram using IAN / INA_1068, item 14
08:30–09:00	CDR	SMG-SCPMTR BATT-R&R / OCA_1060, OCA_1077
09:00–09:30	PLT	Record audiogram using IAN / INA_1068, item 14
09:00–10:30	FE-1	Take Sound Level Meter measurements / I I, Vol. 1, it. 11, pg. 11-1 - 11-11 + r/g 494
09:30–10:30	PLT	Physical exercise (IRED-3)
09:30–10:30	CDR	Physical exercise (TVIS)
10:30–12:00	FE-1	Physical exercise (TVIS-3)
10:30–12:00	CDR	Replace cables in the Resistive Exercise Device (RED) / OCA_1068 item 14
12:00–13:00		LUNCH
13:00–13:50		PAO TV event via INA (13:05–13:24, 13:26–13:45)
13:50–15:20	CDR	Calibrate Resistive Exercise Device (RED) / OCA_1068 item 5
13:50–14:50	PLT	
15:05–15:25	PLT	Prep delta file for downlink
15:20–15:35	CDR	Periodic inspection of RED / INA_1068 item 2
15:25–16:55	PLT, FE-1	Switch Eodn-I from SM (-O) to (-Y) / IO I AioEA NI, it. 6.4, pg. 6-3, 6-4 + r/g 496
15:35–15:45	CDR	CMS-RED BOLT-O I / OCA_1068 item 3
15:45–17:15	CDR	Physical exercise (IRED)
16:55–17:05	FE-1, PLT	Mate O IE-connectors to AEON2-12 on GO from MCC / r/g 496
17:10–18:40	PLT	Physical exercise (TVIS-3)
17:15–18:40	CDR	Check thermal parameters of CMG / INA_0651
17:25–18:25	FE-1	Physical exercise (IRED-3)
18:25–18:40	FE-1	Private medical conference
18:40–19:00		Report prep
19:00–19:30		Review plan for the next day
19:30–20:00		DINNER
20:00–20:10		Daily planning conference
20:10–20:30		Daily food ration prep
20:30–21:30		Pre-sleep
21:30–06:00		SLEEP

End of radiogram