

### IMS Database Update

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
07:30–08:00		Work prep
08:06–08:16		Daily planning conference
08:15–09:15	PLT	Measure N <sub>1</sub> 2 levels / <a href="#">INA_1068, Reference Item #6</a>
08:16–08:46	FE-1	Test activation of blood pressure meter (ÅÐ) and electrocardiograph (ECG) / <a href="#">INA_1068, , Reference Item #7</a>
09:00–10:00	CDR	Physical exercise (TVIS)
09:14–10:59	PLT, FE-1	IMS update / <a href="#">R/g</a>
10:00–11:00	CDR	Midterm Debrief
11:00–12:00	PLT, FE-1	Active rest
11:00–12:00	CDR	5A Preparation
12:00–13:00		LUNCH
13:00–13:30	CDR	FPP Restart / OCA_1108
13:30-14:00	CDR	Midterm Debrief
13:00–14:00	PLT, FE-1	IMS update / <a href="#">R/g</a>
14:00–14:30		Weekly conference
14:30–16:00	FE-1	Active rest
14:30–16:00	CDR	IMS update / <a href="#">R/g</a>
14:30–16:00	PLT	Active rest
16:00–17:00	FE-1	Disconnect N <sub>1</sub> IO-50 Å21 from Ð Å-1Å channel and connect ARCU Å54,53 / <a href="#">R/g</a>
16:00–17:20	CDR	Physical exercise (IRED)
16:00–17:00	PLT	Disconnect ARCU from PMA-1Å channel and connect N <sub>1</sub> IO-50 Å23 / <a href="#">R/g</a>
17:00–17:20	FE-1	Prep delta file for downlink
17:20–17:50		ISS-1 mid-increment results discussion / <a href="#">INA_0887</a>
17:50–18:10		Report prep
18:10–18:30		Review plan for the next day
18:30–19:20		PAO TV event. Taping material for an educational TV program
19:20–19:50		DINNER
19:50–20:20		Daily food ration prep
20:25–20:35		Daily planning conference
20:34–21:29		Pre-sleep
21:30–06:00		SLEEP

End of radiogram