

Test Ñ 2401 System

GMT	Crew	Activity / <i>ODF or R/G</i>
06:00–06:10		Morning inspection
06:10–06:40		Post-sleep
06:40–06:50	PLT	Measure lower leg circumference / <i>Ì Ì Vol. 2, item 3.7, pg. 3-37 (record in the onboard procedure and call down results on the same day)</i>
06:50–07:00	CDR	
06:40–06:55	FE-1	Work prep / <i>Ì Ì Vol.,2 item 3.8.1, pg. 3-42 to 3-44</i>
06:55–07:05	PLT	Take pictures of crewmembers using ESC-460, Nikon F5 / <i>r/g 515</i>
06:55–07:10	FE-1	Measure body mass / <i>Ì Ì Vol.2, item 3.8.2, pg. 3-45 to 3-47</i>
07:10–07:20	FE-1	Take pictures of crewmembers using ESC-460, Nikon F5 / <i>r/g 515</i>
07:10–07:25	PLT	Measure body mass / <i>Ì Ì Vol.2, item 3.8.2, pg. 3-45 to 3-47</i>
07:20–07:30	FE-1	Measure lower leg circumference / <i>Ì Ì Vol. 2, item 3.7, pg. 3-37 (record in the onboard procedure and call down results on the same day)</i>
07:25–07:40	CDR	Measure body mass / <i>Ì Ì Vol.2, item 3.8, pg. 3-42 to 3-48</i>
07:40–07:45	FE-1	Finishing operations / <i>Ì Ì Vol.2, item 3.8.3, pg. 3-48</i>
07:45–08:35		BREAKFAST
08:35–09:05		Work prep
09:05–09:15		Daily planning conference
09:15–10:15	CDR, PLT	Unload PMA3
09:15–10:25	FE-1	Change urine collector and Ô-Â filter insert in ÑÓ / <i>r/g 347</i>
10:15–11:35	CDR	Periodic evaluation of physical fitness / <i>OCA_1116 ïóíèò 4</i>
11:30–12:55	FE-1	Physical exercise (TVIS-2)
11:45–11:55	PLT	Take pictures of crewmembers using ESC-460, Nikon F5 / <i>r/g 515</i>
11:55–12:55	PLT	Physical exercise (IRED-2)
12.16–12.26	CDR	Conference with school students via ISS Ham (George West School)
12:55–13:55		LUNCH
13:55–16:35	FE-1	Transfer Sound Level Meter data to Laptop 3 / <i>r/g 528</i>
16:35–16:45	FE-1	Family conference / St. Petersburg
13:55–16:15	PLT	Unload PMA3
13:55–15:45	CDR	
15:45–17:15	CDR	Physical exercise (IRED)
16:15–16:25	PLT	Take pictures of crewmembers using ESC-460, Nikon F5 / <i>r/g 515</i>
16:25–17:55	PLT	Physical exercise (TVIS-2)
17:05–17:15	FE-1	Take pictures of crewmembers using ESC-460, Nikon F5 / <i>r/g 515</i>
17:15–18:15	FE-1	Physical exercise (IRED-2)
17:55–18:15	PLT	Prep delta file for downlink
18:15–18:45		Report prep

18:45–19:15		Review plan for the next day
19:15–19:45		DINNER
19:45–20:00		Daily planning conference
20:00–20:30		Daily food rations prep
20:30–21:30		Pre-sleep
21:30–06:00		SLEEP

18:10–18:20	FE-1	Family conference (candidate activity)
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End of radiogram