

PLASMA CRYSTAL-3

GMT	Crew	Activity / <i>ODF or R/G</i>
06:00–06:10		Morning inspection
06:10–06:40	CDR, PLT	Post-sleep
06:10–06:25	FE-1	PLASMA CRYSTAL-3: payload prep / r/g 729
06:25–06:40	FE-1	Post sleep
06:40–07:30		BREAKFAST
07:30–08:00	FE-1	Kentavr fitting / <i>MO Vol. 1, item 5.8, pages 5-31 trough 5-34</i>
07:30–07:50	CDR, PLT	Work prep
07:50–08:20	CDR, PLT	Kentavr fitting / <i>MO Vol. 1, item 5.8, pages 5-31 trough 5-34</i>
08:00–08:55	FE-1	PLASMA CRYSTAL-3: ??? & computer ops, experiment startup / r/g 729
08:20–10:00	CDR	Pack for return
08:55–09:25	PLT	PLASMA CRYSTAL-3: payload photography / r/g 729
08:55–10:20	FE-1	PLASMA CRYSTAL-3: payload ops / r/g 729
10:00–10:30	CDR	Periodic inspection of RED / <i>IMG: ISS MEDICAL OPERATIONS: NOMINAL: CMS: Resistive Exercise Device (RED) - Periodic Inspection / ???_1783? ?3</i>
10:20–10:40	FE-1	PLASMA CRYSTAL-3: finishing ops / r/g 729
10:20–11:20	PLT	Physical exercise (TVIS-3)
10:30–10:45	CDR	Tightening of RED bolts
10:45–12:05	CDR	Physical exercise (IRED)
11:20–12:20	FE-1	Physical exercise (TVIS-3)
11:20–12:20	PLT	Installation of ?? on ???1 / r/g 735
12:20–13:50		LUNCH
13:50–14:30	FE-1	PLASMA CRYSTAL-3: copying data from hard drive, stowage / r/g 729
13:50–14:43	CDR	Installation of ZSR containers
13:50–16:20	PLT	Installation of ?? on ???1 / r/g 735
14:43–15:06	CDR	HAM School Contact. Conference with school students from Phoenix, AR / ???_1796
15:00–15:20	FE-1	On GO from MCC: Pump O ₂ from Progress ??? into the ISS / ???? ?? <i>item 3.7, pages 3-2, 3-3</i>
15:06–16:20	CDR	Installation of ZSR containers
15:20–16:20	FE-1	Physical exercise (TVIS-3)
16:20–17:20	FE-1, PLT	Review 5? .1 flight plan / ???_1715, 1716
16:20–17:20	CDR	Physical exercise (TVIS)
17:20–18:20	PLT	Physical exercise (TVIS-3)
18:20–18:50		Report prep
18:50–19:20		Review plan for the next day
19:20–19:50		DINNER
19:50–20:00		Daily planning conference (evening)
20:00–20:30		Daily food ration prep
20:30–21:30		Pre-sleep
21:30–06:00		SLEEP

End of radiogram