

**Removal of Regul-OS Set 3. Deactivation & Activation of ??-??**

GMT	Crew	Activity / <i>ODF or R/G</i>
15:00–15:10		Morning inspection
15:10–15:40		Personal hygiene (post-sleep)
15:40–16:30		BREAKFAST
16:30–17:00		Work prep
17:00–17:15		Morning DPC
17:15–18:20		Reviewing ?? timeline
18:20–18:50		ISS2/ISS3 crew conference
18:50–19:15		Reviewing ?? timeline
19:15–20:45	FE-1	CBM checkout
19:15–21:45	CDR	Physical exercise (TVIS+cycle-2)
19:15–19:30	FE-2	Periodical inspection of RED
19:30–21:00	FE-2	Physical exercise (RED)
20:45–21:45	FE-1	Physical exercise (TVIS)
21:45–22:45	CDR, FE-2	Removal of Regul-OS Set 3 / <i>r/g 1482</i>
21:45–22:00	FE-1	ARIS pushrod disconnect
22:00–00:30	FE-1	Prep equipment/transfers for 7A
22:45–22:55	CDR	Demating ?? ? -connectors from ?????2-12 / <i>r/g 1482</i>
22:55–00:10	CDR, FE-2	Removal of Regul-OS Set 3 / <i>r/g 1482</i>
00:10–00:20	CDR	Mating ?? ? -connectors to ?????2-12 (candidate) / <i>r/g 1482</i>
00:20–00:50	CDR, FE-2	Removal of Regul-OS Set 3 / <i>r/g 1482</i>
00:50–01:50		LUNCH
01:50–05:00	CDR	Removal of Regul-OS Set 3 / <i>r/g 1482</i>
01:50–03:50	FE-2	Removal of Regul-OS Set 3 / <i>r/g 1482</i>
02:10–02:30	FE-1	Delta file downlink prep
02:30–02:55	FE-1	LAB payload status monitoring
02:55–03:35	FE-1	DOSMAP: post-recharging MDU installation
03:35–04:15	FE-1	Maintenance of ???
03:50–04:20	FE-2	Defibrillator test
04:15–05:45	FE-1	Physical exercise (RED)
04:45–05:45	FE-2	Physical exercise (TVIS)
05:00–05:30	CDR	Report prep
05:30–05:45	CDR	Private medical conference
05:45–06:15	CDR	Reviewing plan for the next day
05:45–06:15	FE-1, FE-2	WORK PREP
06:15–06:30		Daily planning conference
06:30–07:00		DINNER
07:00–07:30		Daily food ration prep
07:30–08:30		Personal hygiene (pre-sleep)
08:30–17:00		SLEEP

**Note:** See OSTP for references to US activities.  
End of radiogram