

~~ISS~~ **ISS AN 2401**

GMT	Crew	Activity and <i>links to ODF or R/G</i>
06:10–06:40		Post-sleep
06:40–07:30		BREAKFAST
07:30–08:00		Work prep
08:00–08:15		Daily planning conference
08:15–10:30	CDR	IMS update
08:15–09:30	PLT	IMS update
08:30–09:00	FE-1	Prepare to transfer TEPC data to MEC / <a href="#">INA_1068</a>
09:00–10:30	FE-1	Physical exercise (TVIS – 1 day)
09:30–10:30	PLT	Physical exercise (IRED - 1 day)
10:30–11:30	FE-1, CDR	ISS PHOTO/TV-FLIGHT SPECIFIC / SCENES: P/TV 110 EDUCATIONAL VIDEO - "MEET ME AT THE STATION"; Use other crew as story b
10:30–12:30	PLT	ISS PHOTO/TV-FLIGHT SPECIFIC / SCENES: P/TV 110 EDUCATIONAL VIDEO - "MEET ME AT THE STATION"; Use other crew as story b
11:30–12:30	CDR	Physical exercise (TVIS)
11:30–12:30	FE-1	Install software for the Regul-Packet channel / <a href="#">R/g</a>
12:30–13:30		LUNCH
13:30–13:55		ISS1/ISS2 crew conference
13:55–14:25	FE-1	Finishing ops after transfer of TEPC data to MEC / <a href="#">INA_1068</a>
14:00–14:15	CDR	Private medical conference via <a href="#">INA</a>
14:25–14:35	FE-1	Deactivate and move <a href="#">ODN</a> / <a href="#">INA_1068</a>
14:35–14:45	FE-1	Inspect <a href="#">ADIE-1</a> separator
14:40–15:50	CDR	Downlink SCA-CP data / <a href="#">INA_1068</a>
14:45–15:05	FE-1	Prep delta file for downlink
15:50–16:50	FE-1	Physical exercise (IRED - 1 day)
16:00–16:30	CDR	Restart FPP / <a href="#">INA</a>
16:16–16:30	PLT	Private medical conference
16:50–18:20	CDR	Physical exercise (IRED)
16:50–18:20	PLT	Physical exercise (TVIS - 1 day)
17:20–18:20	FE-1	ISS PHOTO/TV-FLIGHT SPECIFIC / SCENES: P/TV 110 EDUCATIONAL VIDEO - "MEET ME AT THE STATION"; Use other crew as story b
18:20–18:50		Report prep
18:50–19:20		Review plan for the next day
19:20–19:30		Daily planning conference
19:30–20:00		DINNER
20:00–20:30		Daily food ration prep
20:30–21:30		Pre-sleep
21:30–06:00		SLEEP

End of radiogram