

**EVA Prep**

GMT	Crew	Activity
06:00–06:10		Morning inspection
06:10–06:40		Personal hygiene (post-sleep)
06:40–07:30		BREAKFAST
07:30–08:00		Work prep
08:00–08:10	FE-2	PAO event prep
08:15–08:30		Daily planning conference (S-band)
08:30–10:15	CDR	Equipment/tools destow
08:30–09:10		INTERACTIONS: data collection (FE-2)
09:10–09:55	FE-2	WinSCAT cognitive assessment
10:10–11:10		Physical exercise (TVIS)
10:15–11:15	CDR	Physical exercise (active rest)
10:15–10:20	FE-1	Weekly TVIS maintenance
10:30–11:15		WinSCAT cognitive assessment
11:10–11:15	FE-2	Weekly TVIS maintenance
11:15–12:15		Review of EVA-6 timeline and procedures
12:15–13:15		LUNCH
13:15–16:15	CDR, FE-2	Equipment/tools destow
13:15–13:55	FE-1	Maintenance of ???
14:05–14:45		Delta file prep
14:45–16:15		Physical exercise (RED)
16:15–17:15		Physical exercise (TVIS)
16:15–17:45	FE-2	Physical exercise (RED)
16:25–16:40	CDR	Regeneration of ? 2 absorption cartridge in ??? (end)
16:40–18:00		Physical exercise (active rest)
17:15–17:30	FE-1	Increment 4 payload status check
17:30–17:45		Photography of EXPRESS Racks 1,2,4,5, and HRF Rack
17:45–18:15	FE-1, FE-2	Daily plan review
18:00–18:15	CDR	
18:15–18:45		Work prep
18:45–19:00		Daily planning conference (S-band)
19:00–19:30		DINNER
19:30–20:00		Daily food prep
20:10–20:20		Prep for U.S. PAO media event
20:20–20:40		U.S. PAO media event
20:40–21:30		Personal hygiene (pre-sleep)
21:30–06:00		SLEEP

NOTE: See OSTP for references to US activities  
look-ahead review (crew request)  
End of radiogram