

**EVA Prep**

<b>GMT</b>	<b>CREW</b>	<b>ACTIVITY</b>
06:00-06:10	.	Morning inspection
06:10-06:40	.	Post-sleep
06:40-07:30	.	BREAKFAST
07:30-08:00	CDR	Work prep
07:35-08:00	FE-1	
08:00-08:15	.	Daily planning conference ( <i>S-band</i> )
08:25-09:15	FE-1 CDR(assists)	A study of cardiovascular system response to graded cycle ergometer exercise ( <b>To=08.41</b> ). Tagup with specialists ( <i>VHF</i> )
09:15-09:30	FE-1	Regeneration of БМП absorbent bed #1 (init)
09:15-09:45	CDR	Changeout of CPB-K2M purification column unit / New No. 401013 b/c 010484R ФГБ1ПГО_3_304_1 . Stow the removed unit for disposal. <b>Report to MCC</b>
09:30-10:00	FE-1	NANOSPUTNIK. RODF review and health check + photo
10:00-10:50	CDR FE-1(assists)	A study of cardiovascular system response to graded cycle ergometer exercise ( <b>To=10.15</b> ). Tagup with specialists ( <i>VHF</i> )
10:50-11:50	FE-1	Physical Exercise (VELO+Force Loader/Cycle 1) day 1
10:50-11:50	CDR	Physical exercise (TVIS)
11:50-12:00	CDR	Set up the first Orlan battery pack 825M3 for charging and start charging the first pack #1267830131, b/c 009679R, ФГБ1ПГО_4_408_1, white bag 249-2
12:00-12:40	.	Preparation of EVA equipment and tools (including prep work on the МБРЛ WAL 4, 5, 6 antenna and photo imaging during antenna preparation). Tagup with specialists ( <i>S-band+VHF</i> )
12:40-13:30	.	Preparation of EVA equipment and tools (including prep work on the antenna box, ACH cable and cable clips, and photo imaging during preparation activities). Tagup with specialists ( <i>S-band+VHF</i> )
13:30-14:30	.	LUNCH
14:30-15:40	.	Preparation of EVA equipment and tools (including prep work on the tool caddy [КПУ], tools, suit attached hardware, and photo imaging during preparation activities). Tagup with specialists ( <i>S-band+VHF</i> )
15:40-16:40	.	Preparation of Orlan replaceable components, service and personal gear
16:40-17:10	CDR	Preparation of an EVA hardware imagery file for OCA downlink
16:40-18:10	FE-1	Physical Exercise (TVIS) Day 1
17:10-18:40	CDR	Physical exercise (RED)
18:10-18:30	FE-1	Daily plan review
18:30-19:00	FE-1	Report prep
18:40-18:45	CDR	Transfer TVIS, RED, and HRM data to MEC.
18:45-19:00	CDR	Report prep
19:00-19:15	.	Daily planning conference ( <i>S-band</i> )
19:15-19:45	FE-1	DINNER
19:15-19:30	CDR	Report prep
19:30-20:00	CDR	DINNER
19:45-20:15	FE-1	Daily food prep
20:00-20:30	CDR	

20:15-21:15	FE-1	Pre-sleep
20:30-21:30	CDR	
21:15-21:30	FE-1	Regeneration of БМП absorbent bed #1 (terminate)
21:30-06:00	.	SLEEP
<b>Task List</b>	FE-1	PLANTS-2. Payload status check
		PLANTS-2. Recharging water tank
		Locating hardware for recording ACH-M data to Laptop 3
		ТБУ. Temperature check
		СОЖ maintenance <i>БРПК Inspection</i>

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