

**EDV FILLUP WITH WATER FROM PROGRES 405 RODNIK 5B2 TANK AND 5B2 BLADDER COMPRESSION**

TIME	CREW	Activity
06:00-06:10	FE-6	Morning Inspection
06:00-06:05	CDR	Spot Urine Test
06:00-06:05	<b>FE-5</b>	Elektron-VM Aerosol Filter Inspection
06:05-06:10	<b>FE-5</b>	Ten-Mayak Experiment. "Sputnik" hardware deactivation
06:05-06:25	CDR	HRF. Urine collection, subject
06:10-06:40	<b>FE-5</b>	Post-Sleep
06:10-06:25	FE-6	Post-Sleep
06:25-06:30	CDR	HRF - urine sample installation in MELFI
06:25-06:30	FE-6	Nutrition - imagery
06:30-06:35	CDR	PRO K. Diet data collection
06:30-06:45	FE-6	Post-Sleep
06:35-06:45	CDR	HRF – refrigerator centrifuge equipment setup
06:40-07:30	<b>FE-5</b>	Breakfast
06:45-07:00	FE-6	HRF – blood sample collection, operator
06:45-07:05	CDR	HRF – blood sample collection, subject
07:00-07:05	FE-6	Nutrition - imagery
07:05-07:15	CDR	Post-Sleep
07:05-07:30	FE-6	Breakfast
07:15-07:25	CDR	HRF– refrigerator centrifuge equipment config
07:25-07:30	CDR	Post-Sleep
07:30-07:45	.	Daily Planning Conference ( <i>S-band</i> )
07:45-07:55	CDR	Post-Sleep
07:45-08:00	FE-6	Breakfast
07:45-08:10	<b>FE-5</b>	Work Prep
07:45-08:00	FE-6	Breakfast
07:55-08:00	CDR	HRF– refrigerator centrifuge closeout ops
08:00-08:10	CDR	HRF – blood sample installation in MELFI
08:00-08:05	FE-6	Nutrition - imagery
08:05-08:15	FE-6	Breakfast
08:10-08:50	<b>FE-5</b>	COX maintenance
08:10-08:55	CDR	Breakfast
08:20-08:25	FE-6	BCAT (Binary Colloidal Alloy Test) – camera activation
08:25-08:55	FE-6	Work Prep
08:50-09:50	<b>FE-5</b>	Progress 407 unloading ops and IMS update
08:55-09:00	CDR	Work to provide access to OGS rack
09:00-10:15	FE-6	CFE– hardware setup
09:00-09:10	CDR	WRS – water sample analysis
09:10-10:40	FE-6	Physical Exercise – ARED
09:50-10:50	<b>FE-5</b>	Physical Exercise Velo Day 3
10:15-11:45	<b>FE-6</b>	CFE-ICF1 – conducting the experiment
10:40-11:40	CDR	Physical Exercise CEVIS
09:15-09:45	FE-6	R-BAR pitch maneuver training
09:45-10:45	FE-6	Physical Exercise - T2
09:50-10:50	<b>FE-5</b>	Physical Exercise Velo Day 3
10:40-11:40	CDR	Physical Exercise CEVIS
10:50-12:20	<b>FE-5</b>	Physical Exercise - TVIS Day 3
11:40-12:00	CDR	HRF – urine sample collection equipment stowage
11:45-12:15	FE-6	CFE– hardware tear down

12:00-12:15	CDR	HRF – urine sample collection equipment stowage
12:15-12:25	CDR	TOCA 2 – data recording
12:15-12:20	FE-6	BCAT (Binary Colloidal Alloy Test) camera deactivation
12:20-12:30	FE-6	EHS – GC/DMS start of operation
12:20-12:35	<b>FE-5</b>	BATTERY CHARGING FOR STIMUL SUIT (end)
12:25-12:35	CDR	TOCA – liquid waste container replacement
12:35-13:45	.	Increment 25 Crew Depress OBT Exercise
13:45-14:45	.	Lunch
14:45-15:05	.	Depress OBT Exercise debrief ( <i>S-band</i> )
15:05-15:20	CDR	ARED – fly wheel cylinder removal
15:05-15:55	FE-6	IFM – schematics setup
15:15-15:30	<b>FE-5</b>	Private medical conference ( <i>Ku+S-band</i> )
15:20-15:25	CDR	ISS HAM. Radio Station Session prep in SM
15:25-15:40	CDR	ISS HAM. Radio Station Session
15:40-16:15	<b>CDR</b>	USOS hatch seal inspection
15:35-17:05	<b>FE-5</b>	EDV fill up with water from PROGRES 405 RODNIK 5B2 TANK and 5B2 bladder compression
16:00-17:00	<b>FE-6</b>	Physical Exercise – T2
16:30-17:00	CDR	Sabatier – procedure review
17:00-18:30	FE-6	Physical Exercise – ARED
17:00-17:30	CDR	EXPRESS-1 rack config
17:05-17:25	FE-5	IMS update
17:35-18:05	<b>FE-5</b>	Skills refresh for Shuttle maneuver (R-Bar Pitch)
17:40-17:45	CDR	TVIS circuit breaker shut down
17:45-18:05	CDR	Evening Work Prep
18:05-18:40	<b>FE-5</b>	Evening Work Prep
18:05-18:15	CDR	CIR - guide removal
18:15-18:45	CDR	Evening Work Prep
18:30-18:35	FE-6	Imagery downlink
18:35-18:40	FE-6	Evening Work Prep
18:35-18:40	<b>FE-6</b>	EHS – GC/DMS ops completion
18:40-18:45	<b>FE-5</b>	Elektron-VM Aerosol Filter Inspection
18:45-19:00	.	Daily Planning Conference ( <i>S-band</i> )
19:00-19:20	.	Astronaut Office management tagup ( <i>S-band</i> )
19:20-19:30	CDR,FE-6	Evening Work Prep
19:20-21:05	<b>FE-5</b>	Pre-Sleep
19:30-19:35	FE-6	MPC – power-up
19:20-19:30	CDR,FE-6	Evening Work Prep
19:30-21:30	CDR	Pre-Sleep
19:35-21:25	FE-6	Evening Work Prep
21:05-21:15	<b>FE-5</b>	<b>On MCC-M GO</b> PROGRESS 405 RODNIK 5B2 bladder compression - closeout ops
21:15-21:20	<b>FE-5</b>	Ten-Mayak Experiment. SPUTNIK hardware activation in relay mode
21:20-21:30	<b>FE-5</b>	SONOCARD. Experiment start
21:25-21:30	FE-6	MPC – Power-down
21:30-06:00	.	Sleep

**Notes:**

1. SM Window 9 shutter opening is at crew discretion w/ Report to MCC
  2. See OSTP for missing references to US Activities
  3. Pre-Sleep: dinner, daily food prep, evening ablutions
- End of Radiogram