Medical Examination

GMT	CREW	ACTIVITY
06:00-06:10		Morning inspection
06:10-06:40		Post-sleep
06:40-07:05	FE-1	BREAKFAST
06:40-07:25		
07:05-07:30	FE-1	Acoustic dosimeter setup
07:25-07:30	CDR	PLANTS-2. Hardware monitoring
07:30-08:00		Work prep
08:00-08:15		Daily planning conference (S-band)
08:15-10:45	CDR	IMS audit
08:15-08:20		Microgravity Science Glovebox (MSG) activation
08:20-08:50		InSPACE ops
08:50-09:10		EMU battery discharge
09:15-09:25		INSPACE-monitoring
09:25-09:35	FE-1	EXPRESS rack re-boot
09:45-09:55		InSPACE observation
09:55-10:10		RED scheduled inspection
10:15-10:25		InSPACE- monitoring
10:40-10:50		InSPACE cassette swap
10:45-11:25	CDR	IMS file prep
10:50-11:00		InSPACE power off
11:00-11:05	FE-1	Glove Box (MSG): power off
11:05-12:05		Physical exercise (CEVIS)
11:25-12:55	CDR	Physical exercise (TVIS, day 3)
12:05-12:30	FE-1	CSA-CP zero calibration
12:30-12:50	FE-1	CSA-SP activation / deactivation
12:55-13:00	CDR	Weekly TVIS maintenance
12:55-13:00	= FE-1	HAM radio equipment setup
13:00-13:10	FE-1	HAM radio session
13:15-14:15		LUNCH
14:15-15:15	FE-1	AOC hatch seal inspection
14:15-14:55	CDB	"Vozdukh" system repair equipment checkout
15:05-15:20	CDR	Private medical conference (S-band)
15:20-15:35	FE-1	Frivate medical comerence (3-band)
15:25-16:05	CDR	СОЖ maintenance
15:35-17:05	FE-1	Physical exercise (RED)
16:05-16:20		UROLUX setup
16:20-16:25	CDR	БРПК-1 separator inspection
16:40-17:10		Daily plan review
17:10-17:40	CDR, FE-	Examination of heart bioelectrical activity at rest (T ₀ =17:20:00)

	(assist)	
17:40-18:40	CDR	Physical exercise (VELO+ Load Trainer 1, day 3)
17:45-18:15	FE-1	RED bolt maintenance
18:15-18:45		Daily plan review
18:45-19:00		Daily planning conference (S-band)
19:00-19:30		Work prep
19:30-19:50	FE-1	Acoustic dosimeter data registration ops
19:30-20:00	CDR	Daily food prep
19:50-20:00	FE-1	
20:00-20:30		DINNER
20:30-21:30		Pre-sleep
21:30-06:00		SLEEP

Note: See OSTP for references to US activities.

End of radiogram