## Radiogram No. 6166nu Form 24 for 05/12/2011 **(Updated) Regul Set 1 Test. FGB Transfers**

GMT         CREW         ACTIVITY           06:00-06:10         CDR, FE-1, FE-2         Morning Inspection           06:00-06:20         FE-3         HRF Urine Sample Collection Subject           06:00-06:05         FE-5, FE-6         Reaction Self Test           06:05-06:10         FE-5, FE-6         Morning Inspection           06:10-06:40         CDR, FE-1, FE-2         Post-sleep           06:10-06:30         FE-6         Post-sleep           06:10-06:45         FE-5         Post-sleep           06:20-06:25         FE-3         HRF Blood Sample Insertion into MELFI           06:25-06:30         FE-3         Reaction Self Test           06:30-07:00         FE-6         BREAKFAST           06:30-06:55         FE-3         Post-sleep           06:40-07:30         FE-6         BREAKFAST           06:40-07:05         FE-3         BREAKFAST           06:55-07:05         FE-3         HRF Refrigerated Centrifuge Setup           07:00-07:20         FE-6         HRF Urine Sample Collection Subject           07:05-07:25         FE-3         HRF Blood Sample Draw Subject           07:05-07:20         FE-5         HRF Blood Sample Insertion into MELFI           07:20-07:30         FE-6         HRF Blood
Section
06:00-06:05 FE-5, FE-6 Reaction Self Test 06:05-06:10 FE-5, FE-6 Morning Inspection 06:10-06:40 CDR, FE-1, FE-2 Post-sleep 06:10-06:30 FE-6 Post-sleep 06:10-06:45 FE-5 Post-sleep 06:20-06:25 FE-3 HRF Blood Sample Insertion into MELFI 06:25-06:30 FE-6 BREAKFAST 06:30-07:00 FE-6 BREAKFAST 06:40-07:30 CDR, FE-1, FE-2 BREAKFAST 06:45-07:05 FE-5 BREAKFAST 06:55-07:05 FE-3 HRF Refrigerated Centrifuge Setup 07:00-07:20 FE-6 HRF Blood Sample Draw Subject 07:05-07:25 FE-5 HRF Blood Sample Insertion into MELFI 07:20-07:30 FE-6 HRF Blood Sample Insertion Subject 07:07:20-07:30 FE-5 BREAKFAST 07:25-07:35 FE-3 Post-sleep
06:05-06:10         FE-5, FE-6         Morning Inspection           06:10-06:40         CDR, FE-1, FE-2         Post-sleep           06:10-06:30         FE-6         Post-sleep           06:10-06:45         FE-5         Post-sleep           06:20-06:25         FE-3         HRF Blood Sample Insertion into MELFI           06:25-06:30         FE-3         Reaction Self Test           06:30-07:00         FE-6         BREAKFAST           06:30-06:55         FE-3         Post-sleep           06:40-07:30         CDR, FE-1, FE-2         BREAKFAST           06:45-07:05         FE-5         BREAKFAST           06:55-07:05         FE-3         HRF Refrigerated Centrifuge Setup           07:00-07:20         FE-6         HRF Urine Sample Collection Subject           07:05-07:25         FE-3         HRF Blood Sample Draw Subject           07:05-07:20         FE-5         HRF Blood Sample Insertion into MELFI           07:20-07:30         FE-6         HRF Blood Sample Insertion into MELFI           07:25-07:35         FE-3         Post-sleep           07:30-07:50         CDR, FE-1, FE-1, FE-2         Work Prep
06:10-06:40         CDR, FE-1, FE-2         Post-sleep           06:10-06:30         FE-6         Post-sleep           06:10-06:45         FE-5         Post-sleep           06:20-06:25         FE-3         HRF Blood Sample Insertion into MELFI           06:25-06:30         FE-3         Reaction Self Test           06:30-07:00         FE-6         BREAKFAST           06:30-06:55         FE-3         Post-sleep           06:40-07:30         FE-3         Post-sleep           06:40-07:30         FE-5         BREAKFAST           06:45-07:05         FE-5         BREAKFAST           06:55-07:05         FE-3         HRF Refrigerated Centrifuge Setup           07:00-07:20         FE-6         HRF Urine Sample Collection Subject           07:05-07:25         FE-3         HRF Blood Sample Draw Subject           07:05-07:20         FE-5         HRF Blood Sample Insertion into MELFI           07:20-07:30         FE-6         HRF Blood Sample Insertion into MELFI           07:25-07:35         FE-3         Post-sleep           07:30-07:50         CDR, FE-1, FE-1, FE-2         Work Prep
06:10-06:30 FE-6 Post-sleep  06:10-06:45 FE-5 Post-sleep  06:20-06:25 FE-3 HRF Blood Sample Insertion into MELFI  06:25-06:30 FE-6 BREAKFAST  06:30-07:00 FE-6 BREAKFAST  06:40-07:30 CDR, FE-1, FE-2 BREAKFAST  06:55-07:05 FE-3 HRF Refrigerated Centrifuge Setup  07:00-07:20 FE-6 HRF Blood Sample Draw Subject  07:05-07:25 FE-3 HRF Blood Sample Insertion into MELFI  07:20-07:30 FE-5 BREAKFAST  07:25-07:35 FE-6 HRF Blood Sample Insertion into MELFI  07:25-07:35 FE-3 Post-sleep
06:10-06:45         FE-5         Post-sleep           06:20-06:25         FE-3         HRF Blood Sample Insertion into MELFI           06:25-06:30         FE-3         Reaction Self Test           06:30-07:00         FE-6         BREAKFAST           06:30-06:55         FE-3         Post-sleep           06:40-07:30         CDR, FE-1, FE-2, FE-2         BREAKFAST           06:45-07:05         FE-5         BREAKFAST           06:55-07:05         FE-3         HRF Refrigerated Centrifuge Setup           07:00-07:20         FE-6         HRF Urine Sample Collection Subject           07:05-07:25         FE-3         HRF Blood Sample Draw Subject           07:05-07:20         FE-5         HRF Blood Draw Operator           07:20-07:30         FE-6         HRF Blood Sample Insertion into MELFI           07:20-07:50         FE-5         BREAKFAST           07:25-07:35         FE-3         Post-sleep           07:30-07:50         CDR, FE-1, FE-1, FE-2         Work Prep
06:20-06:25         FE-3         HRF Blood Sample Insertion into MELFI           06:25-06:30         FE-3         Reaction Self Test           06:30-07:00         FE-6         BREAKFAST           06:30-06:55         FE-3         Post-sleep           06:40-07:30         CDR, FE-1, FE-2, FE-2         BREAKFAST           06:45-07:05         FE-5         BREAKFAST           06:55-07:05         FE-3         HRF Refrigerated Centrifuge Setup           07:00-07:20         FE-6         HRF Urine Sample Collection Subject           07:05-07:25         FE-3         HRF Blood Sample Draw Subject           07:05-07:20         FE-5         HRF Blood Draw Operator           07:20-07:30         FE-6         HRF Blood Sample Insertion into MELFI           07:20-07:50         FE-5         BREAKFAST           07:25-07:35         FE-3         Post-sleep           07:30-07:50         CDR, FE-1, FE-1, FE-2         Work Prep
06:25-06:30         FE-3         Reaction Self Test           06:30-07:00         FE-6         BREAKFAST           06:30-06:55         FE-3         Post-sleep           06:40-07:30         CDR, FE-1, FE-2         BREAKFAST           06:45-07:05         FE-5         BREAKFAST           06:55-07:05         FE-3         HRF Refrigerated Centrifuge Setup           07:00-07:20         FE-6         HRF Urine Sample Collection Subject           07:05-07:25         FE-3         HRF Blood Sample Draw Subject           07:05-07:20         FE-5         HRF Blood Draw Operator           07:20-07:30         FE-6         HRF Blood Sample Insertion into MELFI           07:20-07:50         FE-5         BREAKFAST           07:25-07:35         FE-3         Post-sleep           07:30-07:50         CDR, FE-1, FE-1, FE-2         Work Prep
06:30-07:00         FE-6         BREAKFAST           06:30-06:55         FE-3         Post-sleep           06:40-07:30         CDR, FE-1, FE-2, FE-2, FE-2         BREAKFAST           06:45-07:05         FE-5         BREAKFAST           06:55-07:05         FE-3         HRF Refrigerated Centrifuge Setup           07:00-07:20         FE-6         HRF Urine Sample Collection Subject           07:05-07:25         FE-3         HRF Blood Sample Draw Subject           07:05-07:20         FE-5         HRF Blood Draw Operator           07:20-07:30         FE-6         HRF Blood Sample Insertion into MELFI           07:20-07:50         FE-5         BREAKFAST           07:25-07:35         FE-3         Post-sleep           07:30-07:50         CDR, FE-1, FE-1, FE-2         Work Prep
06:30-06:55         FE-3         Post-sleep           06:40-07:30         CDR, FE-1, FE-1, FE-2         BREAKFAST           06:45-07:05         FE-5         BREAKFAST           06:55-07:05         FE-3         HRF Refrigerated Centrifuge Setup           07:00-07:20         FE-6         HRF Urine Sample Collection Subject           07:05-07:25         FE-3         HRF Blood Sample Draw Subject           07:05-07:20         FE-5         HRF Blood Draw Operator           07:20-07:30         FE-6         HRF Blood Sample Insertion into MELFI           07:20-07:50         FE-5         BREAKFAST           07:25-07:35         FE-3         Post-sleep           07:30-07:50         CDR, FE-1, FE-2         Work Prep
06:40-07:30         CDR, FE-1, FE-2         BREAKFAST           06:45-07:05         FE-5         BREAKFAST           06:55-07:05         FE-3         HRF Refrigerated Centrifuge Setup           07:00-07:20         FE-6         HRF Urine Sample Collection Subject           07:05-07:25         FE-3         HRF Blood Sample Draw Subject           07:05-07:20         FE-5         HRF Blood Draw Operator           07:20-07:30         FE-6         HRF Blood Sample Insertion into MELFI           07:20-07:50         FE-5         BREAKFAST           07:25-07:35         FE-3         Post-sleep           07:30-07:50         CDR, FE-1, FE-1, FE-2         Work Prep
06:45-07:05         FE-5         BREAKFAST           06:55-07:05         FE-3         HRF Refrigerated Centrifuge Setup           07:00-07:20         FE-6         HRF Urine Sample Collection Subject           07:05-07:25         FE-3         HRF Blood Sample Draw Subject           07:05-07:20         FE-5         HRF Blood Draw Operator           07:20-07:30         FE-6         HRF Blood Sample Insertion into MELFI           07:20-07:50         FE-5         BREAKFAST           07:25-07:35         FE-3         Post-sleep           07:30-07:50         CDR, FE-1, FE-2         Work Prep
06:55-07:05         FE-3         HRF Refrigerated Centrifuge Setup           07:00-07:20         FE-6         HRF Urine Sample Collection Subject           07:05-07:25         FE-3         HRF Blood Sample Draw Subject           07:05-07:20         FE-5         HRF Blood Draw Operator           07:20-07:30         FE-6         HRF Blood Sample Insertion into MELFI           07:20-07:50         FE-5         BREAKFAST           07:25-07:35         FE-3         Post-sleep           07:30-07:50         CDR, FE-1, FE-1, FE-2         Work Prep
07:00-07:20         FE-6         HRF Urine Sample Collection Subject           07:05-07:25         FE-3         HRF Blood Sample Draw Subject           07:05-07:20         FE-5         HRF Blood Draw Operator           07:20-07:30         FE-6         HRF Blood Sample Insertion into MELFI           07:20-07:50         FE-5         BREAKFAST           07:25-07:35         FE-3         Post-sleep           07:30-07:50         CDR, FE-1, FE-2         Work Prep
07:05-07:25         FE-3         HRF Blood Sample Draw Subject           07:05-07:20         FE-5         HRF Blood Draw Operator           07:20-07:30         FE-6         HRF Blood Sample Insertion into MELFI           07:20-07:50         FE-5         BREAKFAST           07:25-07:35         FE-3         Post-sleep           07:30-07:50         CDR, FE-1, FE-2         Work Prep
07:05-07:20         FE-5         HRF Blood Draw Operator           07:20-07:30         FE-6         HRF Blood Sample Insertion into MELFI           07:20-07:50         FE-5         BREAKFAST           07:25-07:35         FE-3         Post-sleep           07:30-07:50         CDR, FE-1, FE-2         Work Prep
07:20-07:30         FE-6         HRF Blood Sample Insertion into MELFI           07:20-07:50         FE-5         BREAKFAST           07:25-07:35         FE-3         Post-sleep           07:30-07:50         CDR, FE-1, FE-2         Work Prep
07:20-07:50         FE-5         BREAKFAST           07:25-07:35         FE-3         Post-sleep           07:30-07:50         CDR, FE-1, FE-2         Work Prep
07:25-07:35 FE-3 Post-sleep  07:30-07:50 CDR, FE-1, FE-2 Work Prep
07:30-07:50 CDR, FE-1, Work Prep
07:30-07:50 FE-2 WYORK Prep
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07:30-07:50   FE-6   BREAKFAST
07:35-07:45 FE-3 HRF Refrigerated Centrifuge Configure
07:45-07:50 FE-3 Post-sleep
07:50-08:15 Daily Planning Conference (S-band)
08:15-10:10 CDR, FE-1, FE-2 Symbolic Activity
08:15-08:25 FE-5, FE-6 Spiral Top-II Conference
08:15-08:20 FE-3 HRF Refrigerated Centrifuge Spin Terminate
08:20-08:30 FE-3 Nutrition and Repository Blood Sample Insertion into MELFI
08:25-09:45 FE-5 ATV2 Transfers
08:25-09:10 FE-6 Experiment Timeline Review
08:30-08:45 FE-3 HRF Blood Collection Hardware Stowage
08:45-09:05 FE-3 HRF - Stow Urine Collection Equipment
09:05-09:55 FE-3 BREAKFAST
09:10-10:10 FE-6 Physical Exercise T 2
09:45-09:55 FE-5 ISS Columbus HAM Prep

10:10-11:40 CDR Physical Exercise (T2) Day 1 10:10-11:00 FE-1, FE-2 FGB and SM Stowage Audit 10:10-11:40 FE-5 Physical Exercise (ARED) 10:10-10:30 FE-6 HRF Urine Sample Collection Subject 10:30-10:35 FE-6 HRF Blood Sample Insertion into MELFI 10:40-11:40 FE-3 Physical Exercise (CEVIS) 10:45-11:50 FE-6 SpiralTop-II Setup 11:00-11:20 FE-2 Transition to REGUL-Os Set 1 11:20-12:20 FE-1 Physical Exercise (T2) Day 3 11:20-11:40 FE-2 IMS Update 11:40-12:40 CDR Clearing stowage areas behind panels ΦΓΕ1ΠΓΟ_3_302 11:40-13:10 FE-3 Physical Exercise (VELO), Day 3 11:50-12:15 FE-5, FE-6 SpiralTop-II Ops 12:15-12:55 FE-6 Spiral Top II Closeout Ops 12:20-13:00 FE-1 COЖ Maintenance 12:40-13:00 CDR 24-hour ECG Holter Monitoring (terminate)	3_302_1,
10:10-11:40   FE-5   Physical Exercise (ARED) 10:10-10:30   FE-6   HRF Urine Sample Collection Subject 10:30-10:35   FE-6   HRF Blood Sample Insertion into MELFI 10:40-11:40   FE-3   Physical Exercise (CEVIS) 10:45-11:50   FE-6   SpiralTop-II Setup 11:00-11:20   FE-2   Transition to REGUL-Os Set 1 11:20-12:20   FE-1   Physical Exercise (T2) Day 3 11:20-11:40   FE-2   IMS Update 11:40-12:40   CDR   Clearing stowage areas behind panels ΦΓБ1ΠΓΟ_3 ΦΓБ1ΠΓΟ_3_303_1 and ΦΓБ1ΠΓΟ_3_302 11:40-12:40   FE-2   Physical Exercise (VELO), Day 3 11:40-13:10   FE-3   Physical Exercise (ARED) 11:50-12:15   FE-5, FE-6   SpiralTop-II Ops 12:15-12:55   FE-6   Spiral Top II Closeout Ops 12:20-13:00   FE-1   COЖ Maintenance	3_302_1,
10:10-10:30 FE-6 HRF Urine Sample Collection Subject 10:30-10:35 FE-6 HRF Blood Sample Insertion into MELFI 10:40-11:40 FE-3 Physical Exercise (CEVIS) 10:45-11:50 FE-6 SpiralTop-II Setup 11:00-11:20 FE-2 Transition to REGUL-Os Set 1 11:20-12:20 FE-1 Physical Exercise (T2) Day 3 11:20-11:40 FE-2 IMS Update 11:40-12:40 CDR Clearing stowage areas behind panels ΦΓБ1ΠΓΟ_3 MP GT1ΠΓΟ_3 MO GT	3_302_1,
10:30-10:35 FE-6 HRF Blood Sample Insertion into MELFI 10:40-11:40 FE-3 Physical Exercise (CEVIS) 10:45-11:50 FE-6 SpiralTop-II Setup 11:00-11:20 FE-2 Transition to REGUL-Os Set 1 11:20-12:20 FE-1 Physical Exercise (T2) Day 3 11:20-11:40 FE-2 IMS Update 11:40-12:40 CDR Clearing stowage areas behind panels ΦΓБ1ΠΓΟ_3_303_1 and ΦΓБ1ΠΓΟ_3_302 11:40-12:40 FE-2 Physical Exercise (VELO), Day 3 11:40-13:10 FE-3 Physical Exercise (ARED) 11:50-12:15 FE-5, FE-6 SpiralTop-II Ops 12:15-12:55 FE-6 Spiral Top II Closeout Ops 12:20-13:00 FE-1 COЖ Maintenance	3_302_1,
10:40-11:40 FE-3 Physical Exercise (CEVIS) 10:45-11:50 FE-6 SpiralTop-II Setup 11:00-11:20 FE-2 Transition to REGUL-Os Set 1 11:20-12:20 FE-1 Physical Exercise (T2) Day 3 11:20-11:40 FE-2 IMS Update 11:40-12:40 CDR Clearing stowage areas behind panels ΦΓБ1ΠΓΟ_3 M ΦΓБ1ΠΓΟ_3_303_1 and ΦΓБ1ΠΓΟ_3_302 11:40-12:40 FE-2 Physical Exercise (VELO), Day 3 11:40-13:10 FE-3 Physical Exercise (ARED) 11:50-12:15 FE-5, FE-6 SpiralTop-II Ops 12:15-12:55 FE-6 Spiral Top II Closeout Ops 12:20-13:00 FE-1 COЖ Maintenance	3_302_1,
10:45-11:50 FE-6 SpiralTop-II Setup  11:00-11:20 FE-2 Transition to REGUL-Os Set 1  11:20-12:20 FE-1 Physical Exercise (T2) Day 3  11:20-11:40 FE-2 IMS Update  11:40-12:40 CDR Clearing stowage areas behind panels ΦΓБ1ΠΓΟ_3 ΦΓБ1ΠΓΟ_3_303_1 and ΦΓБ1ΠΓΟ_3_302  11:40-12:40 FE-2 Physical Exercise (VELO), Day 3  11:40-13:10 FE-3 Physical Exercise (ARED)  11:50-12:15 FE-5, FE-6 SpiralTop-II Ops  12:15-12:55 FE-6 Spiral Top II Closeout Ops  12:20-13:00 FE-1 COЖ Maintenance	3_302_1,
11:00-11:20 FE-2 Transition to REGUL-Os Set 1 11:20-12:20 FE-1 Physical Exercise (T2) Day 3 11:20-11:40 FE-2 IMS Update 11:40-12:40 CDR Clearing stowage areas behind panels ΦΓБ1ΠΓΟ_3 ΦΓБ1ΠΓΟ_3_303_1 and ΦΓБ1ΠΓΟ_3_302 11:40-12:40 FE-2 Physical Exercise (VELO), Day 3 11:40-13:10 FE-3 Physical Exercise (ARED) 11:50-12:15 FE-5, FE-6 SpiralTop-II Ops 12:15-12:55 FE-6 Spiral Top II Closeout Ops 12:20-13:00 FE-1 COЖ Maintenance	3_302_1,
11:20-12:20 <b>FE-1</b> Physical Exercise (T2) Day 3  11:20-11:40 <b>FE-2</b> IMS Update  11:40-12:40 <b>CDR</b> Clearing stowage areas behind panels ΦΓБ1ΠΓΟ_3 ΦΓБ1ΠΓΟ_3_303_1 and ΦΓБ1ΠΓΟ_3_302  11:40-12:40 <b>FE-2</b> Physical Exercise (VELO), Day 3  11:40-13:10 FE-3 Physical Exercise (ARED)  11:50-12:15 FE-5, FE-6 SpiralTop-II Ops  12:15-12:55 FE-6 Spiral Top II Closeout Ops  12:20-13:00 <b>FE-1</b> COЖ Maintenance	3_302_1,
11:20-11:40 FE-2 IMS Update  11:40-12:40 CDR Clearing stowage areas behind panels ΦΓБ1ΠΓΟ_3 ΦΓБ1ΠΓΟ_3_303_1 and ΦΓБ1ΠΓΟ_3_302  11:40-12:40 FE-2 Physical Exercise (VELO), Day 3  11:40-13:10 FE-3 Physical Exercise (ARED)  11:50-12:15 FE-5, FE-6 SpiralTop-II Ops  12:15-12:55 FE-6 Spiral Top II Closeout Ops  12:20-13:00 FE-1 COЖ Maintenance	3_302_1,
11:40-12:40 CDR Clearing stowage areas behind panels ΦΓБ1ΠΓΟ_3 ΦΓБ1ΠΓΟ_3_303_1 and ΦΓБ1ΠΓΟ_3_302  11:40-12:40 FE-2 Physical Exercise (VELO), Day 3  11:40-13:10 FE-3 Physical Exercise (ARED)  11:50-12:15 FE-5, FE-6 SpiralTop-II Ops  12:15-12:55 FE-6 Spiral Top II Closeout Ops  12:20-13:00 FE-1 COЖ Maintenance	3_302_1,
ФГБ1ПГО_3_303_1 and ФГБ1ПГО_3_302  11:40-12:40 FE-2 Physical Exercise (VELO), Day 3  11:40-13:10 FE-3 Physical Exercise (ARED)  11:50-12:15 FE-5, FE-6 SpiralTop-II Ops  12:15-12:55 FE-6 Spiral Top II Closeout Ops  12:20-13:00 FE-1 СОЖ Maintenance	3_302_1,
11:40-13:10         FE-3         Physical Exercise (ARED)           11:50-12:15         FE-5, FE-6         SpiralTop-II Ops           12:15-12:55         FE-6         Spiral Top II Closeout Ops           12:20-13:00         FE-1         COЖ Maintenance	
11:50-12:15       FE-5, FE-6       SpiralTop-II Ops         12:15-12:55       FE-6       Spiral Top II Closeout Ops         12:20-13:00       FE-1       COЖ Maintenance	
12:15-12:55       FE-6       Spiral Top II Closeout Ops         12:20-13:00       FE-1       СОЖ Maintenance	
12:20-13:00 <b>FE-1</b> СОЖ Maintenance	
12:40-13:00 CDR 24-hour ECG Holter Monitoring (terminate)	
12:40-13:00 FE-2 Transition to REGUL-Os Set 2	
12:40-13:00 FE-5 ESA Weekly Crew Conference	
12:55-13:00 FE-6 Spiral Top-II MPC Power On	
13:00-14:00 CDR, FE-1, FE-2, FE-5, FE-6 LUNCH	
13:10-14:10 FE-3 LUNCH	
14:00-15:00 CDR Measuring ISS RS IMV Air Flow Velocity	
14:00-15:20 <b>FE-1, FE-2</b> FGB and SM Stowage Audit	
14:00-15:10 FE-5 ATV2 Transfers	
14:00-14:10 FE-6 Kids in Micro-G Video Setup	
14:10-14:15 FE-3 Open HV02 Manual Valve	
14:10-14:35 FE-6 Kids in Micro-G Experiment Ops	
14:25-14:30 FE-3 Close HV02 valve after calibration	
14:35-15:05 FE-3 Kids in Micro-G Experiment Assistance	
14:35-14:55 FE-6 Kids Experiment Setup	
14:55-15:15 FE-6 Kids in Micro-G Experiment Ops	
15:05-15:15 FE-3 CWC Audit	
15:15-15:20 FE-6 Spiral Top-II MPC Power Off	
15:20-15:40 . Conference With Astronaut Office Management	
15:40-15:45 FE-6 MPC Power Up	
15:40-16:40 FE-5 Physical Exercise T 2	
15:40-16:05 FE-1, FE-2 FGB and SM Stowage Audit	
15:40-17:40 FE-3 JEM Flow Rate Adjustment After Layer 2 Ethernet Flow Rate Adjustment After	Hub and Multiplexer (LEHX)
15:45-17:15 FE-6 Physical Exercise (ARED)	
16:05-16:20 <b>CDR</b> , <b>FE-1</b> , HAM Radio Session with participants of the Madrid	exhibition

	FE-2	
16:20-17:25	CDR	Clearing stowage areas behind panels ΦΓБ1ΠΓΟ_3_302_1, ΦΓБ1ΠΓΟ_3_303_1 and ΦΓБ1ΠΓΟ_3_302
16:20-16:50	FE-1, FE-2	FGB and SM Stowage Audit
16:40-18:40	FE-5	Crew Departure Prep
16:50-18:20	FE-1	Physical Exercise (VELO), Day 3
16:50-18:20	FE-2	Physical Exercise (T2) Day 3
17:15-17:35	FE-6	HRF Urine Sample Collection Subject
17:25-18:25	CDR	Physical Exercise (ARED)
17:35-17:40	FE-6	HRF Blood Sample Insertion into MELFI
17:40-18:20	FE-3	JEM Checkout of HRDL LEHX
17:40-17:45	FE-6	Checking PMM1S4_G2 for missing vascular blood collection kit
17:45-17:50	FE-6	MPC Powerdown
17:50-18:10	FE-6	HRF Urine Sample Collection Subject
18:10-18:15	FE-6	HRF Blood Sample Insertion into MELFI
18:15-18:25	FE-6	HRF Blood Collection Hardware Setup
18:20-19:10	FE-3	JEM Prep for Checkout of HRDL LEHX
18:25-18:35	CDR	Setting up Hardware for TV PAO
18:25-19:10	FE-6	Evening Work Prep
18:35-18:50	CDR, FE-1, FE-2	<b>TV Greetings</b> for Volgograd State Technical University Pro-rector for research ( <i>Ku</i> + <i>S-band</i> )
18:40-18:50	FE-5	Evening Work Prep
18:50-19:10	CDR, FE-1	Evening Work Prep
18:50-19:10	FE-2	Evening Work Prep
18:50-19:00	FE-5	ATV Transfer Tagup
19:00-19:10	FE-5	Evening Work Prep
19:10-19:30		Daily Planning Conference (S-band)
19:30-21:25	FE-3, FE-5	Pre-sleep
19:30-21:20	CDR	Pre-sleep
19:30-21:10	FE-1	Pre-sleep
19:30-21:30	FE-2	Pre-sleep
19:30-19:35	FE-6	MPC Power Up
19:35-21:20	FE-6	Pre-sleep
21:10-21:20	FE-1	SONOCARD Experiment Start
21:20-21:25	FE-6	Reaction Self Test
21:20-21:30	CDR, FE-1	URAGAN. FSS PL Battery Charge (start)
21:25-21:30	FE-5	Reaction Self Test
21:25-21:30	FE-6	MPC Power Down
21:25-21:30	FE-3	Reaction Self Test
21:30-06:00		SLEEP
	CDR, FE-1, FE-2	Preparation of reports for Roskosmos site
Task List	CDR	Clearing stowage areas behind panels ФГБ1ПГО_3_302_1, ФГБ1ПГО_3_303_1 and ФГБ1ПГО_3_302
	FE-1, FE-2	FGB and SM Stowage Audit

## Notes:

- SM Window #9 shutter opening is at crew discretion w/ Report to MCC
   See OSTP for references to US activities
   Pre-sleep ops: daily food prep, dinner, pre-sleep
- End of Radiogram