Emergency Egress Training

GMT	CREW	ACTIVITY
06:00-06:10		Morning inspection
06:10-06:25	FE-1	Post-sleep
06:40 06:00	CD	Calf volume measurement
06:10-06:20	FE-2	MO-8. Setup
06:20-06:40		Post-sleep
06:20-06:35	CDR	Body mass measurement
06:25-06:35	FE-1	Calf volume measurement
06:35-07:05	CDR	Post-sleep
06:35-06:50	FE-1	Body mass measurement
06:40-06:50	FE-2	Calf volume measurement
06:50-07:05		Body mass measurement
00.30-07.03	FE-1	Post-sleep
07:05-07:55	CDR, FE-1	BREAKFAST
07:05-07:15		MO-8. Close-out ops
07:15-07:25	FE-2	Post-sleep
07:25-08:15		BREAKFAST
07:55-08:25	CDR, FE-1	Work prep
08:15-08:25	FE-2	- Work prep
08:25-08:40		Daily planning conference (S-band)
08:40-09:10	FE-1	Pulmonary Function in Flight (PuFF) - GASMAP HRF setup and power on
08:40-09:00	FE-2	Work prep
09:10-09:20	FE-1	Daily payload status check
09:20-09:35	FE-2	Scheduled RED inspection
09:30-09:35	FE-1	Connection of LAB1D6 low-temperature loop (LTL)
09:40-10:00		Pulmonary Function in Flight (PuFF) – initial equipment calibration
09:45-09:50	CDR	Inspection of БРПК-1 separator
09:50-09:55	CDK	Inspection of CKB2 fan
09:50-10:30	FE-2	Monitoring of the environment microecosphere (habitation area 2)
09:55-10:15	CDR	ISS Repress with O2 from Progress CPПК (On MCC Go)
10:00-10:40	FE-1	Pulmonary Function in Flight (PuFF) – standard test
10:15-10:55	CDR	СОЖ maintenance
10:30-11:30	FE-2	Physical exercise (TVIS, day 1)
10:40-12:10	FE-1	Physical exercise (RED)
10:55-11:35	CDR	Pulmonary Function in Flight (PuFF) – standard test
11:30-12:00	FE-2	Physical exercise (Active Rest)
11:35-12:35	CDR	Physical exercise (TVIS, day 1)
12:10-13:10	FE-1	Physical exercise (CEVIS)
12:30-13:10	FE-2	IMS file prep
12:35-13:05	CDR	Physical exercise (Active Rest)

13:05-13:10		Weekly TVIS maintenance
13:10-14:10		LUNCH
14:10-17:10	•	Emergency egress training. Tagup with specialist (S-band)
17:10-17:30	FE-1	Pulmonary Function in Flight (PuFF) – final calibration
17:15-18:15	FE-2	Physical exercise (VELO + Load Trainer, day 1)
17:15-18:15	CDR	Physical exercise (TVIS, day 1)
17:30-18:15	FE-1	Pulmonary Function in Flight (PuFF) and GASMAP HRF- power off and stow
18:15-18:45		Daily plan review
18:45-18:50	FE-1	VOA power off (VOA: volatile organics analyzer)
18:45-19:15	CDR, FE-2	Report prep
18:50-19:15	FE-1	
19:15-19:30		Daily planning conference (S-band)
19:30-20:00		DINNER
20:00-20:30		Daily food prep
20:30-21:30		Pre-sleep
21:30-06:00		SLEEP

Note: See OSTP for references to US activities.

End of radiogram