R&R ACTIVITIES

GMT	CREW	ACTIVITY
06:00-06:10		Morning Inspection
06:10-06:40		Post-sleep
06:40-07:25	CDR,FE-2	BREAKFAST
06:40-07:30	FE-1	BREAKFAST
07:25-07:30	CDR	SLEEP Data Logging
07:25-07:30	FE-2	SLEEP FE2 Data Log
07:30-07:45		Daily Planning Conference (S-band)
07:45-08:00	FE-1	Prep for Work
07:45-08:15	CDR,FE-2	Prep for Work
08:00-10:10	FE-1	ПК-3 Panel ЭК9, ЭК10 Solenoid Valves Functionality Test and Leak Check. <i>Tagup with specialists (VHF +S-band)</i>
08:15-09:45	CDR	Physical Exercise (ARED)
08:25-09:05	FE-2	WRS Sample Collection
09:05-10:05		Physical Exercise (TVIS)
09:45-09:50	CDR	Microgravity Measurement Apparatus (MMA) Terminal Laptop SW Installation
09:50-09:55		Dome Laptop Terminal Deactivation
09:55-10:00		MLT Activation
10:00-10:05		SAIBO Activation
10:05-10:15		InSPACE-2 Hardware Setup
10:05-11:35	FE-2	Physical Exercise (ARED)
10:10-10:45	FE-1	UFO. Preparation. Tagup with specialists (S-band)
10:35-10:45	CDR	PAO Hardware Setup
10:45-11:05	CDR,FE-1	UFO. Experiment Run. Tagup with specialists (S-band)
11:05-11:15	FE-1	UFO. Closeout Ops. Tagup with specialists (S-band)
11:05-13:05	CDR	US Sound Level Meter (SLM) Setup and Acoustic Survey
11:20-11:25	FE-1	On MCC GO ISS O2 Repress From Progress 401 CpΠK (start)
11:25-12:25		Physical Exercise (VELO), day 2
11:45-12:05		Water Microbiology Kit (WMK) In-Flight Water Processing
12:05-12:10	FE-2	Water Recovery
12:25-13:05		СОЖ Maintenance
12:25-12:30	FE-1	ISS O2 Repress From Progress 401 CpΠK (terminate)
12:30-13:00		MAI-75. Equipment setup and hardware activation. <i>Tagup with</i> specialists (S-band)
13:05-13:10		VHF2д Test From SM. Tagup with specialists (VHF1 + VHF2)
13:05-14:05	CDR,FE-2	LUNCH
13:10-14:10	FE-1	LUNCH
14:05-14:15	CDR	Crew Prep for PAO
14:10-15:40	FE-1	Soyuz 223 DM Cooler/Dehumidifier Assembly R&R - Preparation. Tagup with specialists (S-band)
14:15-14:35	CDR	PAO Event (Ku+S-band)
14:35-15:00	FE-2	CSA-O2 Analyzer Calibration

14:35-14:50	CDR	Questionnaire - journal entry
14:50-15:50		US SLM Setup And Acoustic Survey In Crew Quarters (QC)
15:00-18:00	FE-2	Gathering US Trash For Disposal In Progress 401
15:40-17:10	FE-1	Physical Exercise (TVIS), day 2
15:50-16:50	ODD	Crew Quarters (CQ) & Waste and Hygiene Compartment (WHC) Caution and Warning (C&W) Verification
16:50-17:05	CDR	SLM Data Download To MEC
17:05-18:05	FE-1	Physical Exercise (TVIS)
17:10-17:20		CTTC comm system switchover to the primary string
17:20-17:50		Counter Measures System (CMS) Harmful Contaminant Measurements in SM.
18:00-18:10		MAI75. Hardware Deactivation
18:00-18:05	FE-2	PAO Hardware Deactivation
18:05-18:20	CDR,FE-2	Evening Work Prep
18:15-19:05	FE-1	Evening Work Prep
18:20-18:35	CDR,FE-2	R-BAR Maneuver Training Conference (Ku + S-band)
18:35-19:05	ODN,FE-Z	Evening Work Prep
19:05-19:20		Daily Planning Conference (S-band)
19:20-19:30		Evening Work Prep
19:30-21:20	FE-1	Presleep (dinner, daily food prep, evening toilet)
19:30-21:30	CDR,FE-2	Preside (diffile), daily tood prep, everling tollet)
21:20-21:30	FE-1	SONOCARD. Experiment Start
21:30-06:00		SLEEP
Task List	FE-1	PLANTS-1. Payload Status Check
I ask List	L-1	IMS Update

- Notes:

 1. SM Window #9 shutter opening is at crew discretion with Report to MCC

 2. See OSTP for references to US activities.

 End of Radiogram