LBNP [ОДНТ] TRAINING. PILOT. FARMA

GMT	CREW	ACTIVITY
06:00-06:10	-	Morning inspection
06:10-06:40		Post-sleep
06:40-07:30	CDR	BREAKFAST
06:40-07:00		FARMA: Set up of REFLOTRON-4 analyzer and SALIVA kit
07:00-07:10		Post-sleep. Matryoshka parameter table downlink
07:10-07:15	FE-1	FARMA. Saliva sample collection. Tagup with specialists (VHF when necessary)
07:20-07:25		FARMA. Saliva sample collection.
07:30-08:00	CDR	Prep for work
07:30-07:35		EADMA Colling comple collection
07:45-07:50		FARMA. Saliva sample collection.
07:50-07:55	_FE-1	RASTENIYA-2. Hardware status monitoring
08:00-08:05		FARMA. Saliva sample collection.
08:05-08:20		DPC (S-band)
08:20-08:40	FE-1	BREAKFAST
08:20-08:25		RENAL: food log
08:25-08:45	CDR	RENAL: equipment set up
08:40-09:00	FE-1	ECG: 24-hr recording (end)
08:45-09:00	1	RENAL: Catheter removal
09:00-09:15	CDR	RENAL: Equipment stowage
09:00-09:05		FARMA. Saliva sample collection
09:05-09:25	FE-1	FARMA: Blood parameters measurement with REFLOTRON
09:15-09:20	000	Soyuz 7 payload status check (Increment 8)
09:20-09:50	CDR	WinSCAT ops
09:25-09:45	FF 4	FARMA. Close out ops
09:45-09:50	FE-1	RENAL: food log
09:50-10:45	FE-1 CDR (assist)	LBNP [ОДНТ] training (Preliminary). To=10:16
10:50-13:05	CDR	Physical Exercise (TVIS + RED)
11:00-11:05		FARMA. Saliva sample collection.
11:30-12:00	FE-1	CKK No.1-CO prep for return . <i>Tagup</i> (S-band)
12:00-13:00	FE-1	Crew departure prep
13:00-13:05		FARMA. Saliva sample collection.
13:05-14:05		LUNCH
14:05-14:10		RENAL: food log
14:10-14:40	FF 4	On MCC go: Fill ЕДВ (КВО) for Elektron
14:40-15:10	FE-1	СОЖ maintenance
15:10-16:35		PILOT ops Tagup (S-band)

16:25-16:35	CDR	Carbon dioxide level monitoring
16:35-16:50		DPC (S-band)
17:05-17:25	CDR	IMS file prep
17:20-18:50	FE-1	Physical exercise (TVIS) day 4
17:25-18:25	CDR	Crew departure prep
18:35-18:50		Questionnaire: log entry
18:50-18:55		RENAL: food log
19:30-20:00		DINNER: (RENAL: Pill ingestion)
20:00-20:30		Daily food prep
20:30-21:30		Pre-sleep
21:30-06:00		SLEEP
Task list	FE-1	Equipment search
		Equipment prep for return on Soyuz 213

Note: See OSTP for references to US activities

End of radiogram