

LBNP Exercise. Crew off-Duty

GMT	CREW	ACTIVITY
15:30-15:40	FE-1, CDR	Morning inspection
15:30-15:50	FE-2	Nutrition: urine collection
15:40-16:10	FE-1, CDR	Post-sleep
15:50-16:00	FE-2	Nutrition: urine sample insertion in MELFI
16:00-16:10	FE-2	Morning inspection
16:10-16:40	FE-2	Post-sleep
16:10-17:00	FE-1, CDR	BREAKFAST
16:40-17:30	FE-2	BREAKFAST
17:00-17:25	CDR	Caution and Warning book revision
17:30-17:50		Flight Director / ISS Crew Tagup (<i>S-band</i>)
17:50-18:10	FE-2	NUTR, Stowing urine sampling kit
17:50-18:35	CDR	CWC (Contingency Water Container) Fill from Lab Condensate Tank
18:05-18:25	FE-1	Window Inspection Soyuz 219 Orbital Compartment (for condensate on window surface)
18:10-19:00	FE-2	Hardware setup for CFE
18:35-19:05	CDR	HRF Equipment Setup
19:00-21:00	FE-2	Run CFE Experiment
19:05-19:20	CDR	Tissue Doppler Imaging (TDI) activation
19:25-20:25	CDR	LBNP Exercise (PRELIMINARY)
19:25-20:05	FE-1	Orthostatic stability evaluation with LBNP (To= 19:43)
20:05-21:05	FE-1	LBNP Exercise (PRELIMINARY) (<i>S-band</i>)
20:35-20:50	CDR	Crew discretionary conference (<i>S-band</i>)
20:50-21:15	CDR	HRF hardware deactivation and stowage
21:00-21:20	FE-2	CFE Experiment Closeout Ops
21:10-21:35	FE-1	TV greeting to International Hannover Messe, TV greetings to citizens of Saratov Oblast on Cosmonautics Day (To=21:06 , T1, T2, T3 - from ЦПП)
21:20-22:50	CDR	Physical Exercise (TVIS + CEVIS)
21:45-22:00	FE-1	CRYSTALLIZER. Transfer the hardware from CRYOGEM-03M to SM
21:50-22:50	FE-2	Physical Exercise (RED)
22:00-22:30	FE-1	SM and FGB air sampling using AK-1M sampler
22:30-22:45	FE-1	ИПД air sampling for CO in SM
22:50-23:50		LUNCH
23:50-00:00	FE-2	SWAB - unstow
00:00-01:40	FE-2	Node surface water and air biochemistry samples
00:05-00:15	CDR	SWAB - sample kit unstow and preparation
00:35-00:45	CDR	SWAB - temp stow/preparation
01:05-01:15	CDR	SWAB - temp stow/preparation
01:35-01:45	CDR	SWAB - temp stow/preparation
01:40-01:55	FE-2	Stow surface, water and air biocharacterization surface samples and kit

02:05-02:15	CDR	SWAB - air sample and equipment stow
02:30-03:00	FE-1	Replacement of U-receptacle and Filter-Insert in ACY (<i>U-Receptacle #1250152, 00039491R, CM_139_1; Filter-Insert #504047 00037225R, CM_139_1 pouch 0450060</i>)
03:00-03:30	FE-1	Repress of Liquid Unit #610056 (<i>Use БПА-М # 23 item 1, b/c 00038803R, ФГБ1ПГО_4_418</i>)
03:30-05:00	FE-2	Physical Exercise (CEVIS)
03:30-05:00	FE-1	Physical Exercise (TVIS) Day 4
03:55-04:55	CDR	Physical Exercise (RED)
04:55-05:00	CDR	Transfer TVIS/RED/CEVIS/HRM data to MEC
05:00-05:30		DINNER
05:30-06:00		Daily food prep
06:00-07:00		Pre-sleep
07:00-15:30		SLEEP
Task List	FE-1	TBY (Universal Bioengineering Thermostat). Temperature check
		URAGAN. Observations and photography
		PLANTS-2. Payload Status Check
		COЖ Maintenance

Note: See OSTP for references to US activities.

End of Radiogram