Personal Protection Gear R&R. Medical Kit Audit.

| GMT | CREW | ACTIVITY |
|-------------|--|---|
| 07:20-07:30 | CDR,FE-2, FE-5,FE-6 | Morning Inspection |
| 07:20-07:30 | FE-1 | Morning Inspection. <i>Inspection of CM-Y connector on MHP-HC pump in ACY.</i> |
| 07:20-07:25 | FE-3 | Elektron-VM Aerosol Filter Inspection |
| 07:25-07:30 | FE-3 | Morning Inspection |
| 07:30-08:00 | | Post-sleep |
| 08:00-08:50 | CDR, FE-2, FE-3 ,FE-5 | BREAKFAST |
| 08:00-08:45 | FE-1 ,FE-6 | BREAKFAST |
| 08:45-09:10 | FE-6 | EVA Hygiene Break/Prebreathe |
| 08:45-08:50 | FE-1 | TBU (Universal Bioengineering Thermostat) Temperature Check. <i>Report to MCC TBU temperature</i> |
| 08:50-09:10 | CDR,FE-1, FE-2, FE-3 ,FE-5 | Daily Planning Conference (S-band) |
| 09:10-09:35 | FE-1 | Work Prep |
| 09:10-09:30 | CDR,FE-5 | Work Prep |
| 09:10-09:40 | FE-2, FE-3 | Work Prep |
| 09:10-10:40 | FE-6 | Preparation for EVA |
| 09:30-10:30 | CDR | Crew Departure Prep |
| 09:30-09:35 | FE-5 | FGB HAM Radio Powerdown |
| 09:35-09:40 | FE-1 | IZGIB -DAKON. Payload Status Check |
| 09:35-09:40 | FE-5 | EVA Camera Test |
| 09:40-10:55 | FE-1 | PNEUMOCARD Experiment |
| 09:40-11:10 | FE-2 | Physical Exercise T 2 |
| 09:40-10:40 | FE-5 | Physical Exercise (ARED) |
| 09:40-10:20 | FE-3 | СОЖ Maintenance |
| 10:20-10:30 | FE-3 | PNEUMOCARD Photography During the Experiment |
| 10:30-11:25 | CDR, FE-3 (assists) | LBNP Exercise (PRELIMINARY). Tagup with specialists (VHF) |
| 10:40-10:55 | FE-6 | EMU Purge |
| 10:40-10:55 | FE-5 | ARED Flywheel Cylinder Evacuation |
| 10:55-11:10 | FE-5 | ARED Guide Rail Inspection |
| 10:55-11:45 | FE-6 | EMU Prebreathe |
| 11:10-11:20 | FE-5 | Cupola Robotics Work Station (RWS) Restraint Installation |

| 11:10-12:10 | FE-2 | Physical Exercise (ARED) |
|--|----------------------------------|---|
| 11:20-11:30 | FE-5 | VSW and SSC Activation |
| 11:25-11:35 | CDR | Smart Router [БРИ] Log Dump From RSS1 |
| 11:25-11:55 | FE-1 | Physical Exercise (TVIS), Day 1 |
| 11:25-12:33 | FE-3 | Verify ИΠ-1 Flow Meter Configuration |
| | | |
| 11:30-13:05 | FE-5 | Mid-Deck Equipment Transfers |
| 11:35-12:05 | CDR | Pressurization of spare Elektron Liquid Unit #056 |
| 11:40-12:40 | FE-3 | Physical Exercise (VELO), Day 3 |
| 11:45-12:15 | FE-6 | Crew Lock Depress |
| 12:15-18:45 | FE-2 | SSRMS EVA 1 Support |
| 12:15-12:20 | FE-6 | Post Depress and A/L Egress |
| 12:20-12:25 | FE-6 | PBA Relocate |
| 12:30-12:45 | FE-6 | SODF Emergency Book Deployment |
| 12:45-14:15 | CDR | Physical Exercise (TVIS), Day 4 |
| 12:45-14:15 | FE-6 | Physical Exercise T 2 |
| 12:55-14:15 | FE-1,FE-3 | ИПК-1M Personal Protection Gear R&R |
| 13:05-14:05 | FE-5 | CSA-CP Activation and Checkout |
| 14:05-14:15 | FE-5 | Hydro Tropi MELFI Insertion |
| 14:15-15:15 | CDR,FE-1,FE-3 , FE-5,FE-6 | LUNCH |
| 15:15-15:35 | CDR | CBO-3B water sampling to Russian drink bags |
| 15:15-17:25 | FE-1,FE-3 | ИПК-1M Personal Protection Gear R&R |
| 15:15-16:15 | FE-5 | Mid-Deck Equipment Transfers |
| 15:35-16:05 | CDR | Transfer Photo/Video Data From RSK1 Laptop To Return SM-FOTO-HDD |
| 16:05-18:05 | CDR | Medical Kit Audit |
| 16:15-16:30 | FE-5 | RFTA Access |
| 16:30-16:50 | FE-5 | RFTA Reconfiguration For Urine Processing |
| 16:50-17:10 | FE-5 | RFTA Cleanup Ops |
| 17:10-17:15 | FE-5 | EVA Glove Photo Setup |
| - | | |
| 17:15-18:45 | FE-5 | Physical Exercise T 2 |
| 17:15-18:45 17:15-18:15 | FE-5 FE-6 | Physical Exercise T 2 Physical Exercise (CEVIS) |
| | | · |
| 17:15-18:15 | FE-6 | Physical Exercise (CEVIS) |
| 17:15-18:15 17:25-17:45 | FE-6 FE-3 | Physical Exercise (CEVIS) IMS Update CASCADE. Installation of Thermostatic Enclosure (KT) with |
| 17:15-18:15 17:25-17:45 17:25-18:15 | FE-6 FE-3 FE-1 | Physical Exercise (CEVIS) IMS Update CASCADE. Installation of Thermostatic Enclosure (KT) with БУП and Cryogem-03 in DC1 |
| 17:15-18:15 17:25-17:45 17:25-18:15 17:45-17:50 | FE-6 FE-3 FE-1 FE-3 | Physical Exercise (CEVIS) IMS Update CASCADE. Installation of Thermostatic Enclosure (КТ) with БУП and Cryogem-03 in DC1 Elektron-VM Aerosol Filter Inspection |

| | | SM-FOTO-HDD |
|-------------|--|--|
| 18:15-18:40 | FE-6 | Evening Work Prep |
| 18:15-19:15 | FE-1 | Physical Exercise (VELO), Day 1 |
| 18:40-18:45 | FE-6 | Crew Lock Repress |
| 18:45-18:55 | FE-6 | Crew Lock Repress |
| 18:45-19:40 | FE-5 | Mid-Deck Equipment Transfers |
| 18:55-19:45 | CDR,FE-2 | Evening Work Prep |
| 18:55-20:15 | FE-6 | Post-EVA |
| 19:15-19:45 | FE-1 | Evening Work Prep |
| 19:40-19:45 | FE-5 | Cupola Robotics Work Station (RWS) Restraint Removal |
| 19:45-20:05 | CDR,FE-1 ,FE-2, FE-3 ,FE-5 | Daily Planning Conference (S-band) |
| 20:05-20:15 | FE-2 | Pre-sleep |
| 20:05-22:05 | FE-3 | Pre-sleep |
| 20:05-20:20 | CDR,FE-1 | Evening Work Prep |
| 20:05-20:15 | FE-5 | VSW and SSC Laptop Deactivation |
| 20:15-20:35 | FE-2 | Start EMU Battery Charge |
| 20:15-20:20 | FE-5 | Docked Video Configuration |
| 20:20-20:25 | FE-5 | MPC Power Up |
| 20:20-22:20 | CDR,FE-1 ,FE-6 | Pre-sleep |
| 20:25-22:15 | FE-5 | Pre-sleep |
| 20:35-20:45 | FE-2 | EVA Photo Downlink 1 |
| 20:45-22:20 | FE-2 | Pre-sleep |
| 22:05-22:20 | FE-3 | BAR. Start Charging Pyren |
| 22:15-22:20 | FE-5 | MPC Power Down |
| 22:20-06:50 | | SLEEP |

Notes:

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