

**ВД-СУ and БИТС. Power Up/Down**

GMT	CREW	ACTIVITY
06:00-06:10		Morning Inspection
06:10-06:40	.	Post-Sleep
06:40-06:50	CDR	MO-8. Setup
	FE-1	Calf Circumference Measurement
06:50-07:05	CDR	Body Mass Measurement
07:05-07:20	FE-1	
07:05-07:15	CDR	Calf Circumference Measurement
07:15-08:05		Breakfast
07:20-07:30	FE-1	MO-8. Closeout Ops
07:30-08:20		Breakfast
08:05-08:30	CDR	Work Prep
08:20-08:35	FE-1	
08:30-08:35	CDR	PLANTS-2. Equipment Monitoring
08:35-08:50	.	Daily Planning Conference ( <i>S-band</i> )
08:50-09:00	CDR	Work Prep
08:50-08:55	FE-1	PL Status Check
09:00-09:30		Psychological Assessment Session (WinSCAT)
	CDR	Progress 350 Rodnik ББ1 Compression Setup
09:30-09:35		Weekly TVIS Maintenance
09:30-10:30	FE-1	Physical Exercise – TVIS
09:35-10:05		Progress 350 Rodnik ББ1 Compression
10:05-10:15	CDR	Progress 350 Rodnik ББ2 Compression Setup – Switch Over to ББ2
10:15-11:00		Progress 350 Rodnik ББ2 Compression
10:30-10:35	FE-1	Weekly TVIS Maintenance
10:35-12:05		BT-7 Screen Cleaning on ГЖТ4
11:05-12:05	CDR	Physical Exercise – TVIS – Day 2
12:05-12:35		Physical Exercise - RED
	FE-1	COЖ Maintenance
12:35-13:35	.	Lunch
13:35-15:00	CDR	Elektron Troubleshooting
13:35-14:20	FE-1	Food Container Audit
14:20-15:20		Still and Video Camera Lens Cleaning
15:00-16:05	CDR	БСК-2B Connect to integrate МБРЛ and МБРЛ antenna feeder in SM. <i>Tagup w/specialists. (S-band +VHF)</i>
15:20-15:35	FE-1	Still and Video Camera Lens Checkout
15:35-16:20		ISS Interior Inspection and Photo Imagery
16:05-16:15		<b>On Ground Go</b> - Mating of БСК-2B TLM connector
16:15-17:35	КЭ	КТКИ Install and Connect to integrate МБРЛ and МБРЛ antenna feeder in SM. <i>Tagup w/specialists. (S-band)</i>
16:20-16:35	FE-1	Scheduled RED Inspection
16:35-18:05		Physical Exercise - RED
17:35-18:35	CDR	Physical Exercise (VELO + FL1) – Day 2
18:05-18:25	FE-1	IMS File Prep
18:25-18:55		Review of Next Day's Plan

18:35-18:45	CDR	
18:45-19:05		Report Prep
18:55-19:05	FE-1	
19:05-19:20	.	Daily Planning Conference ( <i>S-band</i> )
19:20-19:40	FE-1	Report Prep
19:20-19:30	CDR	
19:30-20:00		Food Prep
19:40-20:00	FE-1	
20:00-20:30	.	Dinner
20:30-21:30	CDR	Pre-Sleep
20:30-20:45		
20:45-21:10	FE-1	Tagup w/CHeCS specialists ( <i>S-band</i> )
21:10-21:30		Pre-Sleep
21:30-06:00	.	Sleep
<b>Task List</b>	CDR	Uragan

**Note:** cf. OSTP for missing references to US activities

End of Radiogram