PREPACKING CARGO ITEMS FOR RETURN AND DISPOSAL ON SOYUZ. LBNP EXERCISE.

GMT	CREW	ACTIVITY
10:45-10:55	FE-1	Morning Inspection
10:45-10:50	FE-2	Integrate Immune - FE-2 15A Liquid Saliva Sample Collection
10:45-10:50	CDR	Immune - CDR Dry Saliva Sample Collection
10:45-10:50	FE-2-18	Supplement Regimen
10:50-10:55	CDR,FE-2, FE-2-18	Morning Inspection
10:55-11:25		Post-sleep
11:25-12:15		BREAKFAST
12:15-12:25	CDR FE-1,FE-2, FE-2-18	Prep for Work
12:15-12:45		
12:25-12:30	CDR	EVA Camera Test
12:30-14:00	CDIX	Preparation for EVA
12:45-13:00	FE-1,FE-2, FE-2-18	Daily Planning Conference (S-band)
13:00-13:05	FE-2	JPM window shutter closure
13:00-13:05	FE-1	SM HAM Radio Powerdown
13:05-13:35	FE-1	Humidity condensate sampling from CPB-K2M before gas-moisture filter ΦΓC to Russian samplers – init.
13:35-14:15	FE-1	СОЖ Maintenance
13:35-14:15	FE-2	WRS Sample Collection
13:40-13:55	FE-2-18	3D Space Preparation
13:55-14:25		3D SPACE Experiment
14:00-14:15	CDR	EMU Purge
14:15-15:00	FE-2	Water Recovery System, filling a CWC-I from PWD Aux Port
14:15-16:45	FE-1	Hardware prepack for return and disposal on Soyuz 223
14:15-15:15	CDR	EMU Prebreathe before EVA
14:25-14:40	FE-2-18	3D Space Stow
14:40-15:10	1 L-2-10	SSRMS: Maneuver To CETA Cart Relocate Setup Position
15:00-16:00	FE-2	Physical Exercise (TVIS)
15:15-15:45	CDR	Crew Lock Depress
15:35-16:35	FE-2-18	LUNCH
15:45-16:45	CDR	Physical Exercise (ARED)
16:00-16:20		Water Microbiology Kit (WMK) In-Flight Water Processing
16:20-16:25	FE-2	Water Recovery
16:25-17:25		Physical Exercise (ARED)
16:35-17:35	FE-2-18	CETA Cart Relocate Support
16:45-17:40	FE-1, CDR -assists	LBNP Exercise (PRELIMINARY). To=17:08. Tagup with specialists (VHF)
17:35-19:05	FE-2-18	SPDM Thermal Blanket Removal
17:40-18:20	FE-1	Counter Measure System (CMS) Harmful Contaminant Measurements in SM

18:10-18:25	FE-2	Gathering CO2 Sensor Data
18:25-19:25	CDR,FE-1,FE-2	LUNCH
19:05-20:50	FE-2-18	Lubricate SPDM LEE B
19:25-19:55	CDR	CGBA5 CSI3 Removal
19:50-20:20	FE-1	Symbolic Activity per Roskosmos Plan
19:50-20:00	FE-2	
20:00-20:10	CDR	
20:15-20:35	FE-2	Connect DDCU Cable
20:25-20:40	FE-1	Verify ИП-1 Flow Meter Configuration
20:40-21:00		IMS Update
20:40-20:55	CDR	Questionnaire: journal entry
20:50-21:05	FE-2-18	SSRMS Parking
20:55-21:00	FE-2	Configuration for EMU Glove Photography
21:00-22:30	FE-1	Physical Exercise (TVIS), day 4
21:00-22:30	CDR	Physical Exercise (CEVIS)
21:05-22:05	FE-2-18	SPDM Stow
21:10-21:35	FE-2	CO2 (CDM) sensor data downlink
22:15-22:30	= rc-2	Gathering CO2 Sensor Data
22:30-23:30	FE-2-18	Physical Exercise (TVIS)
22:30-23:50	CDR	Post EVA Joint Airlock Ops
22:30-23:30	FE-1	Prep For Departure
22:35-23:05	FE-2	Prep for Work
23:05-23:20		Cargo Transfer Tagup
23:20-23:30		Prep for Work
23:30-23:50	FE-1,FE-2, FE-2-18	Presleep (dinner, daily food prep, evening toilet)
23:50-00:05		Daily Planning Conference (S-band)
00:05-01:35	FE-1	Presleep (dinner, daily food prep, evening toilet)
00:05-00:15	CDR	EVA Photo Downlink
00:05-01:45	FE-2,FE-2-18	Presleep (dinner, daily food prep, evening toilet)
00:15-01:45	CDR	
01:35-01:45	FE-1	SONOCARD. Experiment Run Start
01:45-10:15		SLEEP

Note:

- SM Window #9 shutter opening is at crew discretion with Report to MCC
 See OSTP for references to US activities.
 No Exercise (VELO): 17:50 20:50

End of Radiogram