

Medical Evaluation. Profilaktika Experiment.

| GMT | CREW | ACTIVITY |
|-------------|------|---|
| 06:00-06:10 | | Morning Inspection |
| 06:10-06:40 | | Post-Sleep |
| 06:40-06:50 | FE-1 | MO-8. Setup |
| | CDR | Calf Circumference Measurement |
| 06:50-07:00 | FE-1 | |
| 06:50-07:05 | CDR | Body Mass Measurement |
| 07:05-07:20 | FE-1 | |
| 07:05-07:55 | CDR | BREAKFAST |
| 07:20-07:30 | FE-1 | MO-8. Closeout Ops |
| 07:30-07:55 | | BREAKFAST |
| 07:55-08:10 | | Daily Planning Conference (<i>S-band</i>) |
| 08:10-08:35 | FE-1 | BREAKFAST |
| 08:10-08:35 | CDR | Prep for Work |
| 08:35-08:55 | FE-1 | CPB-K2M Atmospheric Condensate Sampling – setup, sampler install |
| 08:35-11:35 | CDR | Airlock SPCU Heat Exchanger Repair |
| 08:55-10:55 | FE-1 | |
| 10:55-11:05 | | CPB-K2M Atmospheric Condensate Sampling – sampler replacement |
| 11:05-12:35 | | SM Rodnik Bladder 5B1 Compression |
| 11:35-13:05 | CDR | Physical Exercise (RED) |
| 12:55-13:05 | FE-1 | CPB-K2M Atmospheric Condensate Sampling – sampler replacement |
| 13:05-14:05 | | LUNCH |
| 14:05-15:35 | CDR | Airlock SPCU Heat Exchanger Repair |
| 14:05-14:50 | FE-1 | |
| 14:50-15:05 | | CPB-K2M Atmospheric Condensate Sampling – sampler removal, teardown |
| 15:05-15:20 | | Private Medical Conference (<i>S-band</i>) |
| 15:20-17:50 | | PROFILAKTIKA. Experiment Ops Using FL-1 Force Loader. <i>Tagup w/specialists (VHF + S-band)</i> |
| 15:35-16:35 | CDR | Physical Exercise (TVIS) |
| 16:35-16:40 | | Weekly TVIS Maintenance |
| 16:40-16:45 | | TVIS, RED, and HRM Data Transfer to MEC |
| 16:45-17:15 | | Water transfer from CWC 1042 to EDV |
| 17:15-17:30 | | Private Medical Conference (<i>S-band</i>) |
| 17:30-17:45 | | Video Camera Disassembly for Heat Exchanger Video |
| 17:45-17:55 | | PAO Hardware Setup |
| 17:50-17:55 | FE-1 | SM Rodnik Bladder 5B1 Compression. <i>Tag-up w/specialists (S-band)</i> |
| 17:55-18:05 | | PAO Crew Prep |
| 18:05-18:25 | | Educational event w/ St. Mark School, San Rafael (<i>Ku + S-band</i>) |
| 18:25-18:40 | | Daily Planning Conference (<i>S-band</i>) |
| 18:40-19:00 | | Daily Plan Review |
| 19:00-19:30 | | Report Prep |
| 19:30-20:00 | | DINNER |

| | | |
|------------------|------|---|
| 20:00-20:30 | | Daily Ration Prep |
| 20:30-21:30 | | Pre-Sleep |
| 21:30-06:00 | | Crew Sleep |
| TASK LIST | FE-1 | IMS File Prep |
| | | Verification that ACH-M Data Recorder to Laptop 3 is on Board |
| | | Audit of 11Φ732.Γ1000-520 wipes for hatch rubber seals |

Note: See OSTP for references to US activities
End of Radiogram