## Test of REGUL-OS String 1

GMT	Crew	Activity
06:00-06:20	FE-2	Determination of hematocrit value
06:00-06:10	FE-1, CDR	Morning inspection
06:10-06:40	CDR, FE-1	Personal hygiene (post-sleep)
06:20-06:40	FE-2	
06:40-07:30		BREAKFAST
07:30-08:00		Work prep
08:00-08:15		Morning DPC
08:15-09:00	FE-2	Pulmonary Function in Flight (PuFF): setup and activation
08:15–08:35	CDR	Cleaning of ??1 & ??2 ducts in DC-1
08:15–08:55	FE-1	Transfer of ?VIS/IRED files to MEC
08:35-09:05	CDR	PROFILAKTIKA: TVIS run (concluding ops)
08:55-09:25	FE-1	Transfer of HRM files to MEC
09:00-09:05	FE-2	PROFILAKTIKA: TVIS run (concluding ops)
09:10-09:20	CDR	Test of REGUL-OS (string 1)
09:20-10:00	CDR	Cleaning of ?1/?2 ventilation fan grills in DC-1
09:25-09:45	FE-1	HRM files erase
09:25-09:45	FE-2	PuFF: initial calibration
09:45–10:10	FE-1	Daily payload status check
09:45-10:30	FE-2	PuFF: standard test (FE-2)
10:00-10:40	CDR	Replacement of ?? 1/?? 2 dust filters in DC-1
10:30–11:15	FE-1	PuFF: standard test (FE-1)
10:30–11:30	FE-2	Physical exercise (TVIS)
10:40-11:40	CDR	Cleaning of ?3 ventilation fan grill in DC-1
11:15–11:50	FE-1	Maintenance of ???
11:30–13:00	FE-2	Physical exercise (RED)
11:50–12:00		TEPC relocation (powerdown and relocation)
12:00–12:10	FE-1	CSA sample collection
12:10-12:30		FMK ops
12:45–12:55		SSAS ops
12:55–13:55	CDR, FE-1	LUNCH
13:00–13:55	FE-2	
13:55–15:55		Emergency response drill
15:55–16:55	FE-1	Physical exercise (TVIS)
15:55–16:25	FE-2	Delta file prep
16:25–18:00	CDR	PROFILAKTIKA: veloergometer run
16:25–17:25	FE-2	PROFILAKTIKA: veloergometer run (assist)
16:55–18:25	FE-1	Physical exercise (RED)
17:25–17:45	FE-2	PuFF: final calibration
17:45–18:00		PuFF: data archiving

18:00–18:40		PuFF: deactivation and stowage
18:25–18:55	CDR, FE-1	Review of plan for upcoming day
18:40–18:55	FE-2	
18:55–19:10		Daily planning conference
19:10–19:30		Work prep
19:30–20:00		DINNER
20:00–20:30		Daily food ration prep
20:30–21:30		Personal hygiene (pre-sleep)
21:30-06:00		SLEEP

NOTE: See OSTP for references to US activities

End of radiogram