

Plasma Crystal. LBNP Run.

GMT	CREW	ACTIVITY
06:00-06:10		Morning Inspection
06:10-06:40	FE-1	Post-Sleep
06:10-06:15	CDR	PLASMA CRYSTAL-3. Turbopump Activation
06:15-06:40	CDR	Post-Sleep
06:40-07:30		Breakfast
07:30-07:45		Daily Planning Conference (<i>S-band</i>)
07:45-08:15	FE-1	Work Prep
07:45-08:10	CDR	
08:10-08:15	CDR	PLANTS-2. Equipment Monitoring
08:15-08:40		Prep for Soyuz 214 Return
08:40-08:45	FE-1	EXPRESS 5 Rack – Laptop Powerup
08:40-09:25	CDR	PLASMA CRYSTAL. Experiment Setup. Tagup w/specialists. (<i>S-band</i>)
08:45-09:20	FE-1	Smoke Detector Inspection on Lab
09:20-09:50	FE-1	Smoke Detector Inspection on Node-1
09:25-10:00	CDR	PLASMA CRYSTAL. Experiment Ops (Start) TV Downlink . Tagup w/specialists. (<i>S-band + VHF</i>)
09:50-10:20	FE-1	Smoke Detector Inspection on A/L
10:00-10:35	CDR	Prep for Soyuz 214 Return
10:20-10:35	FE-1	PCG-STES Module 10 Protective Screen Cleaning
10:35-11:50	CDR	Evaluation of Orthostatic Tolerance at LBNP. LBNP Run. (T₀ = 11:00). Tagup w/specialists. (<i>S-band+VHF</i>)
10:35-11:35	FE-1 (Assist)	
11:35-12:10	FE-1	Prep for Soyuz 214 Return
11:50-12:10	CDR	PLASMA CRYSTAL. Experiment Completion. Tagup w/specialists. (<i>S-band</i>)
12:10-12:40	CDR	PLASMA CRYSTAL. HDD Data Transfer; Stowage on Soyuz
12:10-13:10	FE-1	Physical Exercise - TVIS
13:10-14:10		Lunch
14:10-14:30	CDR	IMS File Prep
14:20-14:30	FE-1	PAO Hardware Setup
14:30-14:40		PAO Crew Prep
14:40-15:00		PAO. ISS-9 Crew Conference (<i>Ku+S-band</i>)
15:05-15:10	FE-1	SNFM - LAN-0 Data Capture
15:10-15:15	FE-1	SNFM - LAN-2 Data Capture
15:15-15:45	CDR	COX Maintenance
15:15-15:35	FE-1	EMU Replacement on A/L
15:35-17:05	FE-1	Physical Exercise - RED
15:45-16:45	CDR	Personal Crew Item Inventory and Prep for Disposal
16:45-18:15	CDR	Physical Exercise – TVIS – Day 3
17:05-17:50	FE-1	Comparison of CD Library Vol. 2 Content with CD Inventory List
17:55-18:00	FE-1	EXPRESS 5 Laptop – Power Down
18:00-18:15	FE-1	Questionnaire – Journal Entry
18:15-18:45		Review of Next Day's Plan
18:45-19:00		Report Prep
19:00-19:15		Daily Planning Conference (<i>S-band</i>)

19:15-19:30		Report Prep
19:30-19:55	CDR	Food Prep
19:30-19:55	FE-1	Debrief with Flight Technical Support Team (<i>S-band</i>)
19:55-20:25		Dinner
20:25-21:30	FE-1	Pre-Sleep
20:25-21:25	CDR	
21:25-21:30	CDR	PLASMA CRYSTAL-3. Turbopump Deactivation
21:30-06:00		Sleep
Task List	CDR	URAGAN. Observation and Photo Imagery

Note: cf. OSTP for missing references to US activities

End of Radiogram