

**LBNP EXERCISE**

GMT	CREW	ACTIVITY
06:00-06:10	CDR,FE-1	Morning Inspection
06:00-06:05	FE-2	SLEEP - FE2 Data Log
06:05-06:10		Morning Inspection
06:10-06:40	.	Post-sleep
06:40-07:30	CDR,FE-1	BREAKFAST
06:40-07:35	FE-2	
07:35-08:05	CDR,FE-2	SOLO - Blood Sample Collection
08:05-08:25	FE-2	SOLO Refrigerated Centrifuge Setup and Configure
08:25-08:50		SOLO Blood Sample Analysis
08:50-09:10		SOLO MELFI Blood Sample Insertion
09:00-10:00	CDR, FE-1 (assists.)	LBNP Exercise (PRELIMINARY). <b>To=09:25</b> <i>Tagup w/ specialists (VHF)</i>
09:30-10:00	FE-2	Urine Collection
10:30-12:00		Physical Exercise (RED)
10:35-11:35	FE-1, CDR (assists.)	LBNP Exercise (PRELIMINARY). <b>To=11:00</b> <i>Tagup w/ specialists (VHF)</i>
11:35-13:00	CDR	Physical Exercise (TVIS), day 4
12:00-13:00	FE-2	Physical Exercise (CEVIS)
12:50-13:00	FE-1	PAO Hardware Setup
13:00-14:00	.	LUNCH
14:00-14:05	.	Crew Prep for PAO
14:05-14:25	.	Downlink of TV greetings to participants of the XVI International Space Olympiad for Schoolchildren. Presentation of Tsiolkovsky's books
14:30-14:45	FE-2	BCAT-4 Video Setup
14:35-15:15	CDR	COX Maintenance
14:45-15:45	FE-2	Setting up BCAT4 and EarthKAM
15:40-17:10	FE-1	Physical Exercise (TVIS), day 4
15:45-16:45	FE-2	BCAT-4 Multiple Sample Initialization on Seat Track
16:55-17:00		Closing LAB Window Shutters
17:00-17:05		Closing JEM Window Shutters
17:05-17:10		Daily Diet Monitoring
17:10-17:15		Transfer of TVIS, RED, and HRM data to MEC
17:15-18:15	.	Evening Work Prep
18:15-18:25	.	DINNER
18:25-18:40	.	Daily Planning Conference ( <i>S-band</i> )
18:40-19:00	.	DINNER
19:00-19:30	.	Daily Food Prep
19:30-20:30	CDR,FE-1	Pre-sleep
19:30-20:25	FE-2	
20:25-20:30	FE-2	Questionnaire - journal entry
20:30-05:00	.	SLEEP

**Note**

1. SM Window #9 shutter opening is at crew discretion with **Report to MCC**
  2. See OSTP for references to US activities.
- End of Radiogram