

Orlan Config for EVA. Refueling ODU (Integrated Propulsion System) Fuel Tank БГ1 from Progress 359 Refueling System Fuel Tanks БГ1, 2

GMT	CREW	ACTIVITY
02:00-02:10	CDR, FE-1	Morning inspection
02:00-02:20	FE-2	Nutrition: urine collection
02:10-02:30	CDR	Post-sleep
02:10-02:40	FE-1	Post-sleep
02:20-02:30	FE-2	Nutrition: urine sample insertion in MELFI
02:30-02:45	FE-2, CDR (operator)	Nutrition: blood sample collection for analysis
02:40-03:30	FE-1	BREAKFAST
02:45-02:55	CDR	Post-sleep
02:45-02:55	FE-2	Nutrition: setting up and loading refrigerator centrifuge
02:55-03:05		Nutrition: refrigerator centrifuge config
02:55-03:45	CDR	BREAKFAST
03:05-03:20	FE-2	Post-sleep
03:20-03:40		Nutrition: blood sample insertion in MELFI
03:30-04:00	FE-1	Prep for Work
03:40-04:00	FE-2	Post-sleep
03:45-04:05	CDR	Prep for Work
04:05-04:20		Daily Planning Conference (<i>S-band</i>)
04:20-04:40	FE-1	ALTCRISS. Data downlink via OCA
04:20-04:40	FE-2	Nutrition: Cleaning Refrigerator Centrifuge and Equipment Stow
04:20-04:30	CDR	Prep for Work
04:35-04:40		Setting up video camera to shoot Orlan activities
04:40-04:50	FE-2	Acoustic dosimeters: post-sleep data recording (operation 3 of 5)
04:40-06:00	CDR, FE-1	Ops with Orlan replaceable elements. <i>DC1 comm config</i>
04:50-05:00	FE-2	Acoustic dosimeters: hardware setup for static measurements
05:00-05:55		BREAKFAST
05:55-06:15		Prep for Work
06:00-06:15	CDR	Orlan height adjustment
06:15-07:15	FE-1	Orlan height adjustment
06:15-06:20	FE-2	Payload status check
06:15-07:15	CDR	Spacesuit and БСС [Orlan interface unit] leak checks and valve tests
06:20-07:15	FE-2	EMU cooling loop filtration to prevent biomaterials and solid particles
07:15-07:35		Nutrition: urine collection
07:15-07:45	CDR	Physical Exercise (RED)
07:15-08:15	FE-1	Spacesuit and БСС [Orlan interface unit] leak checks and valve tests
07:35-07:45	FE-2	Nutrition: urine sample insertion in MELFI
07:45-09:15	CDR	Physical Exercise (TVIS + CEVIS)
07:45-08:45	FE-2	Physical Exercise (RED)

08:15-09:15	FE-1	Physical Exercise (VELO + RED) day 4
08:45-08:50	FE-2	OCA SSC router reboot
08:50-08:55		SSC file server reboot
08:55-09:15	FE-2	EMU Cooling Loop config
09:15-10:15		LUNCH
10:30-10:45		ISS crew and ГОГУ (RSA Flight Control Team) weekly conference (VHF)
10:45-11:05	FE-1	Soyuz 219 ACY config for activation. Replacement of ASU funnel in Soyuz.
11:15-11:45	FE-2	EMU cooling loop filtration to prevent biomaterials and solid particles
12:00-12:15	FE-2	Taking readings from AOK ГАНК-4M gas analyzer
12:00-12:30	CDR	COЖ Maintenance
12:10-13:40	FE-1	Physical Exercise (TVIS) day 4
12:15-12:30	FE-2	Food frequency questionnaire
12:30-14:00		Physical exercise (CEVIS)
13:40-13:55	CDR	Food frequency questionnaire
13:55-14:15		IMS Update
14:00-14:15	FE-1	БК-3 oxygen tank pressure check
14:05-14:25	FE-2	Nutrition: urine collection
14:15-14:45	CDR, FE-1	ПКО-BETA 08 Biomed Harness checkout using GAMMA equipment
14:25-14:35	FE-2	Nutrition: urine sample insertion in MELFI
14:35-14:45		O2 level check
14:45-15:00	CDR, FE-1	Comm config
14:45-14:50	FE-2	Transfer TVIS/RED/CEVIS/HRM data to MEC
15:00-15:30	CDR, FE-1	Orlan and БСС telemetry check. Orlan comm check and medical parameter test
15:30-15:45	.	Daily Planning Conference (<i>S-band</i>)
15:55-16:05	CDR	Photo/TV - Equipment stowage after Russian EVA
16:05-16:25	.	FD / ISS crew conference (<i>S-band</i>)
16:25-16:55	CDR, FE-1	Daily food prep
16:25-16:55	FE-2	DINNER
16:55-17:10	CDR	Private family conference (<i>S + Ku-band</i>)
16:55-17:25	FE-2	Daily food prep
16:55-17:55	FE-1	Pre-sleep
17:10-17:55	CDR	Pre-sleep
17:25-17:45	FE-2	Nutrition: urine collection
17:45-17:55		Nutrition: urine sample insertion in MELFI
17:55-18:55		Pre-sleep
17:55-18:45	CDR, FE-1 (assistance)	A study of cardiovascular system response to graded cycle ergometer exercise To=18:15. Tagup (VHF)
18:45-19:15	CDR, FE-1	DINNER
18:55-19:15	FE-2	Acoustic dosimeters: record data and stow dosimeters
19:15-03:45		SLEEP
Task List	FE-1	ТБУ (Universal Bioengineering Thermostat). Temperature check

		RASTENIYA-2. Payload status check
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Note:

1. See OSTP for references to US activities.
2. Tagups during EVA activities (S-band)

End of Radiogram