GMT	CREW	ACTIVITY
04:00-04:10	CDR-9, FE-1-9, ISS8	Morning inspection
04:00-04:05	FE1VC	CIRCA-BMI: Switchover to automatic mode
04:05-04:15	FE1VC	CIRCA-BMI: Questionnaire
04:10-04:40	FE-1-9, CDR	Post-sleep
04:10-04:35	FE-1	Post-sleep
04:10-04:15	CDR-9	Post-sleep
04:15-04:30	CDR-9	SYMPATHO: Blood samples
04:15-04:45	FE1VC	SYMPATHO: Blood samples
04:30-04:40	CDR-9	BIOTEST. Hematocrit
04:35-04:40	FE-1	DIUREZ. Urine collection (end)
04:40-04:50	FE-1	DIUREZ. Capillary blood, hematocrit value
04:40-04:50	CDR-9	Post-sleep
04:40-05:30	FE-1-9, CDR	BREAKFAST
04:45-04:55	FE1VC	Post-sleep
04:50-05:20	FE-1, CDR-9	DIUREZ. Venous blood, second sample for BIOTEST
04:55-05:05	FE1VC	CIRCA: End of measurements
05:05-05:35	FE1VC	BREAKFAST
05:20-05:35	FE-1	DIUREZ. Venous blood processing, transfer to Kriogem-03
05:20-05:35	CDR-9	BREAKFAST
05:30-05:35	FE-1-9	LAB window leak check
05:35-05:50		DPC (S-band)
05:50-06:00	FE1VC, CDR-9	BREAKFAST
05:50-06:15	CDR, FE-1-9	Prep for work
05:50-06:30	FE-1	BREAKFAST
06:05-06:15	CDR-9, FE1VC	TV PAO set up. (To=05:57, T1, T2, T3 from СПП)
06:15-06:30	CDR-9, FE1VC	TV PAO: SBS Nieuws
06:15-06:40	CDR,FE-1-9	CWC filling from Lab condensate container
06:30-07:05	CDR-9	PLAZMIDA. Completion of conjugation process and set up in Kriogem -03M
06:30-06:45	FE-1	PLAZMIDA. Recomb-K ops photography
06:30-06:35	FE1VC	CIRCA-BMI: closeout ops
06:35-06:55	FE1VC	BMI buffer zone/
06:40-06:55	CDR, FE-1-9	CWC IMS audit
06:45-08:05	FE-1	ЛКТ (ТА251МБ) and [ПЗУ] removal from Soyuz # 213 БО
06:55-07:00	FE1VC	CIRCA: data download to EGE 2
06:55-07:10	CDR, FE-1-9	Familiarization with LTL jumper cable connect/disconnect procedure
07:05-07:20	FE1VC	PMC (S-band)
07:10-07:15	CDR-9	FLUORESCENCE. Process activation +photo (FE1).
07:10-08:10	CDR	Physical Exercise (TVIS)
07:10-07:15	FE-1-9	TVIS weekly maintenance
07:15-07:45	CDR-9	B1, B2 fan screen maintenance in DC-1

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07:15-07:30	FE-1-9	Makita battery stowage for CIRCA payload.
07:20-07:35	FE1VC	KUB: securing ICE experiment
07:35-07:40	FE1VC	CIRCA: data download to EGE 2
07:40-08:00	FE1VC	CIRCA-BMI: Closeout ops
07:45-08:05	CDR-9	Dust collector ПФ1, ПФ2 filter maintenance in DC-1
08:05-08:15	FE1VC	CIRCA- PORTAPRESS: Closeout ops
08:05-09:35	FE-1	LBNP [ОДНТ] training (end). <i>Tagup with specialists. (S-band)</i>
08:10-08:15	CDR	Weekly TVIS maintenance
08:10-08:40	CDR-9	INTERACTION: data collection
08:10-08:20	FE-1-9	TVIS data download to MEC.
08:20-08:45	FE-1-9	HRM data download to MEC
08:25-09:20	CDR- assistance	LBNP [ОДНТ] training (end).
08:30-08:45	FE1VC	SUIT: Set up ops
08:45-09:00	FE-1-9	HRM data file erase
08:45-09:50	FE1VC	SUIT: Body positioning with tactile signals _Long
08:45-09:50	CDR-9	SUIT: Body positioning with tactile signals _Long
09:00-10:00	FE-1-9	Physical Exercise (RED)
09:30-10:00	CDR	INTERACTION: data collection
09:35-10:00	FE-1	DIUREZ. Urine sample from urine receptacles and close out ops
09:50-10:00	FE1VC	SUIT: Close out ops
10:00-11:00		LUNCH
11:00-14:00	FE-1, FE1VC, CDR	Soyuz # 213 descent training. Tagup with specialists. (S-band)
11:00-13:00	CDR-9	Surface sampling form FGB surface and equipment
11:00-13:30	FE-1-9	ISS9 crew familiarization with the station
13:00-14:00	CDR-9	Physical Exercise (VELO + Force Loader/cycle 1) day 3
13:30-14:00	FE-1-9	СОЖ maintenance (Inspection of БРПК separator)
14:00-14:10	CDR-9, FE1VC	VIDEO3: Experiment set up
14:00-14:15	FE-1	PMC (S-band)
14:10-14:30	CDR-9, FE1VC	VIDEO3: Experiment ops
14:15-14:30	CDR	PMC (S-band)
14:15-15:15	FE-1	Physical Exercise (TVIS) day 3
14:20-14:30	FE-1-9	Equipment set up for PAO
14:30-14:50	CDR-9, FE1VC	VIDEO3: Closeout ops.
14:35-14:45	CDR, FE-1-9	PAO prep
14:45-15:00	CDR, FE-1-9	NASA TV PAO <i>(Ku + S-band)</i>
14:50-15:00	FE1VC	KUB: TUBUL container transfer
15:00-16:00	CDR	Physical Exercise (RED)
15:00-15:25	FE1VC	EGE2 reconfig
15:00-15:20	CDR-9	IMS file prep
15:05-15:45	FE-1-9	Interaction: data collection and backup (FE1)
15:15-15:35	FE-1	Air sample collection for ammonia with ИПД samplers
15:20-15:35	CDR-9	PMC (S-band)
15:25-15:30	FE1VC	KUB: Temperature monitoring and recording
15:30-16:00	FE1VC	Photo/video imagery

15:35-15:45	CDR-9	DVCAM battery charging
15:35-15:55	FE-1	MOLNIYA-SM. Copying measurement data to HDD
15:45-16:00	FE-1-9	PMC (S-band)
15:55-16:15	FE-1	MO-21 set up. ECOSPHERA power unit charging
16:00-16:10	FE1VC	MOP: Motion Perception Questionnaire
16:00-16:15	FE-1-9	Questionnaire: journal entry (FE1)
16:00-16:15	CDR, CDR-9	Questionnaire: journal entry (CDR)
16:10-16:15	FE1VC	MUSCLE: Back Pain Questionnaire
16:15-16:45		Daily plan review
16:45-17:00		Report prep
17:00-17:15		DPC (S-band)
17:15-17:30		Report prep
17:30-18:00		DINNER
18:00-18:30		Daily food prep
18:30-19:20	CDR-9, FE-1	Pre-sleep
18:30-19:30	FE-1-9, CDR, FE1VC	Pre-sleep
19:20-19:30	CDR-9	PLAZMIDA: Reset of Kriogem-03M to +4 degrees C.P
19:20-19:30	FE-1	MOLNIYA-SM. Copying measurement data to HDD.
19:30-04:00		SLEEP
Task list	CDR-9, FE-1, FE1VC	Photo imagery of Holland
	FE-1	URAGAN
	CDR9	URAGAN

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