

**Soyuz 219 СУД Test before Undocking**

GMT	CREW	ACTIVITY
17:00-17:10		Morning inspection
17:10-17:40		Post-sleep
17:40-18:30		BREAKFAST
18:30-19:00	FE-2, CDR-15, FE-1-15, SFPVC	Prep for Work
18:35-19:35	FE-1, CDR	Soyuz 219 СУД test before undocking
19:00-19:20	FE-1-15	EDV condensate processing using Condensate Feed Unit (БПК)
19:20-19:35	FE-1-15	Activation of gas analyzer in Soyuz 220
19:20-19:35	CDR-15	Verify ИП-1 sensor installation
19:35-19:50	ISS-14, FE-1-15, CDR-15	Daily Planning Conference ( <i>S-band</i> )
19:50-21:50	FE-1-15	CARDIOCOG. Experiment ops by FE1. <i>Tagup with specialists (S-band)</i>
19:50-20:50	CDR-15	Physical Exercise (RED)
19:50-20:20	CDR, FE-1	Prep for Work
19:50-19:55	FE-2	Mating of ER1 moderate temperature loop QD to UIP in LAB LAB1O2
20:00-20:45	FE-2	Filling CWC from the Lab Condensate Tank
20:20-20:35	FE-1	Activation of gas analyzer in Soyuz 219
20:45-21:00	SFPVC	Private Medical Conference ( <i>S-band</i> )
20:50-20:55	CDR-15	CARDIOCOG. Experiment photography
21:00-00:00	CDR-15,FE-1	E14 to E15 Crew Handover
21:10-21:55	FE-2	Audit of TVIS SLD and transfer of outdated MEC equipment from CTB with SLD
21:20-21:35	SFPVC	MATRIX Z1. Preparations and video 4
21:50-00:00	FE-1-15	E14 to E15 Crew Handover
21:55-22:55	FE-2	Physical Exercise (RED)
22:00-22:15	SFPVC	VC12 SFP Earth Photo/Video Ops
22:30-00:00	CDR	Physical Exercise (TVIS + CEVIS)
22:50-23:05	SFPVC	MATRIX Z1. Video 4 close-out ops. Phase 2
22:55-23:10	FE-2	Private Family Conference ( <i>S + Ku-band</i> )
00:00-01:00	FE-1	Physical Exercise (TVIS), day 4
00:00-01:00	CDR, CDR-15, FE-1-15	Transfer of DCS 760 camera
00:20-00:40	SFPVC	PILLE. Daily session. Retrieve, read, and install
00:55-01:00	FE-2	<b>On MCC Go</b> ISS O2 repress from Progress 359 CpПК (start)
01:00-02:00		LUNCH
02:00-04:00	FE-1, CDR-15, FE-1-15	E14 to E15 Crew Handover
02:00-02:05	FE-2	ISS O2 repress from Progress 359 CpПК (terminate)
02:05-02:35	CDR,FE-2	E14 crew debrief with cargo stowage and integration specialist
02:30-02:45	SFPVC	VC12 SFP Earth Photo/Video Ops
02:35-03:50	FE-2	ISS plug-in audit

03:25-03:40	SFPVC	MATRIX Z1. Preparations and video 5
03:40-03:50	SFPVC	Private conference using IP-Phone ( <i>Ku-band</i> )
03:50-04:05	SFPVC	E-MAIL ops
04:00-05:00	FE-1-15	Physical Exercise (RED)
04:00-05:00	FE-1	LBNP Exercise (PRELIMINARY) <i>Tagup with specialists (S-band)</i>
04:00-04:55	CDR	LBNP - Exercise (PRELIMINARY), assistance
04:00-04:20	CDR-15	IMS update
04:30-05:00	CDR-15	COX Maintenance
04:35-05:00	FE-2	Scheduled maintenance of Compound Specific Analyzer- Combustion Products (CSA-CP)
05:00-05:15	SFPVC	MATRIX Z1. Video 5 close-out ops. Phase 2
05:00-06:00	CDR	Physical Exercise (RED)
05:00-06:30	FE-2	Physical Exercise (TVIS)
05:00-05:30	FE-1	ALTCRISS. E14 Closeout ops. <i>Tagup with specialists (S-band)</i>
05:00-05:30	CDR-15, FE-1-15	Familiarization with Onboard Computer Network. <i>Tagup with specialists (S-band)</i>
05:30-06:15	CDR-15	ALTCRISS. Data downlink from card #924 via OCA. <i>Tagup with specialists (S-band)</i>
05:30-06:10	FE-1	MATRYOSHKA-R. Copy data to memory card
06:00-06:05	CDR	Compound Specific Analyzer- Combustion Products (CSA-CP) spot check
06:10-06:15	SFPVC	MUSCLE (LOW BACK PAIN) -Low Back Pain Questionnaire
06:15-06:55	CDR, FE-1, CDR-15, FE-1-15	Evening work prep
06:15-07:10	SFPVC	Evening work prep
06:30-06:35	FE-2	Transfer TVIS/RED/CEVIS/HRM data to MEC
06:35-06:55	FE-2	Report prep
06:55-07:10	ISS-14, CDR-15, FE-1-15	Daily Planning Conference ( <i>S-band</i> )
07:10-07:30	ISS-14, CDR-15, FE-1-15	Report prep
07:15-07:25	SFPVC	Tagup with Consultants Team via VHF1
07:30-07:45	CDR	Private Family Conference ( <i>S + Ku-band</i> )
07:45-08:15	CDR	DINNER
07:30-08:00	FE-1, FE-2, CDR-15, FE-1-15, SFPVC	DINNER
08:15-08:30	CDR	Daily Food Prep
08:00-08:30	FE-1, FE-2, CDR-15, FE-1-15, SFPVC	Daily Food Prep
08:30-09:30		Pre-sleep
09:30-18:00		SLEEP

See OSTP for references to US activities.  
End of Radiogram