

MO Activities

TIME	CREW	ACTIVITY
06:00-06:10	FE-2	Morning Inspection. Inspection of CM-Y connector on MHP-HC separator pump behind ACY panel 139
06:00-06:10	FE-3,FE-4, FE-5	Morning Inspection
06:00-06:10	CDR	Morning Inspection. Laptop RS1(2) Reboot SM ПСС (Caution & Warning Panel) Test RSS1,2 Reboot
06:00-06:05	FE-6	REMINDER - Reading Reminder
06:05-06:25	FE-6	HRF - Urine Sampling Ops
06:10-06:20	CDR,FE-2, FE-4	Calf Volume Measurement
06:10-06:45	FE-5	Post-sleep
06:10-06:35	FE-3	Post-sleep
06:20-06:30	CDR	URAGAN. Photo Spectrum System Battery Charge (start)
06:20-06:30	FE-2	MO-8. Setup
06:20-06:40	FE-4	Post-sleep
06:25-06:30	FE-6	HRF - Urine Sample Insertion into MELFI
06:30-06:35	CDR	Body Mass Measurement
06:30-06:55	FE-2	Post-sleep
06:30-06:50	FE-6	Post-sleep
06:35-07:15	CDR	Post-sleep
06:35-06:40	FE-3	Body Mass Measurement
06:40-07:15	FE-3	BREAKFAST
06:40-06:45	FE-4	Body Mass Measurement
06:45-07:15	FE-4	Post-sleep
06:45-06:50	FE-5	Body Mass Measurement
06:50-07:15	FE-5	BREAKFAST
06:50-06:55	FE-6	Body Mass Measurement
06:55-07:00	FE-2	Body Mass Measurement
06:55-07:15	FE-6	Post-sleep
07:00-07:10	FE-2	MO-8. Cleanup
07:10-07:15	FE-2	Post-sleep
07:15-07:40	.	Daily Planning Conference (<i>S-band</i>)
07:40-08:25	CDR	BREAKFAST
07:40-08:30	FE-2,FE-6	BREAKFAST
07:40-08:10	FE-4	BREAKFAST
07:45-09:10	FE-5	WHC – tank recovery ops
07:45-09:15	FE-3	ARED Exercise
08:10-08:30	FE-4	Work Prep

08:25-08:45	CDR	Work Prep
08:30-08:50	FE-2	Work Prep
08:30-08:45	FE-6	Work Prep
08:45-10:05	FE-4	VIRTUAL. Set up, Conduct Experiment and Closeout Ops
08:45-09:05	FE-6	HRF - Urine Sampling Ops
08:50-10:10	FE-2	Cleaning ventilation system screens on FGB interior panels (panels 116, 316, 231, 431)
08:55-09:40	CDR	URAGAN. Observation and Photography using Photo Spectrum System. <i>Tagup with specialists as necessary (S-band)</i>
09:05-09:10	FE-6	HRF - Sample Insertion into MELFI
09:10-09:15	FE-6	USND2 - HRF1 Rack Power Up
09:10-10:10	FE-5	ISS safety inspection video
09:15-10:10	FE-3	JEM ITCS Sample Collection
09:25-09:50	FE-6	CARDOX - Prep for Ultrasound
09:55-10:15	CDR	TERMO-LADA. Installation of TCU-LADA 02 module, Start Measurements. <i>Tagup with specialists (S-band)</i>
09:55-10:50	FE-6	CARDOX - Ultrasound Operations Subject
10:05-10:15	FE-4	TERMO-LADA. Photography in the process of hardware installation
10:10-10:25	FE-3	CARDOX-U - Experiment Ops.
10:10-10:15	FE-2	MRM2 comm config to support voice comm during experiment
10:10-10:55	FE-5	WRS Sample Collection
10:15-11:15	FE-2	Kulon Kristall Experiment. <i>Tagup with specialists (S-band) член.(S-band)</i>
10:15-10:30	CDR	KULON KRISTALL. Photography <i>Tagup with specialists (S-band)</i>
10:20-11:50	FE-4	БД-2 Exercise, Day 2
10:25-10:35	FE-3	FMK deploy ops
10:30-12:00	CDR	Packing Equipment for disposal in ТКГ 420 and IMS Ops
10:35-11:00	FE-3	CARDOX-U - Experiment Ops
10:50-11:15	FE-6	CARDOX-BP-OPS_FE6 (Blood collection ops/subject)
10:55-11:25	FE-5	WMK In-Flight Water Processing
11:05-11:10	FE-3	CARDOX - Blood Pressure measurement
11:10-12:20	FE-3	NODE 2 ITCS LTL Sample Collection
11:15-11:20	FE-2	MRM2 Comm Reconfig
11:15-12:45	FE-6	Periodic Fitness Evaluation - Nom Ops (subject)
11:20-11:50	FE-2	KULONOVSKIY KRISTALL. File Preparation and Downlink
11:25-11:35	FE-5	TOCA Potable Water Dispenser (PWD) Sample Analysis
11:50-12:20	FE-5	Periodic Fitness Evaluation - Nom Ops (assistance)
12:00-13:00	CDR	БД-2 Exercise, Day 2
12:00-13:00	FE-2	VELO Exercise, Day1
12:20-13:30	FE-3	NODE 2 ITCS sample collection
12:25-12:55	FE-4	Preparation for RS ISS Window Inspection and Photography (r/g and "Photo Equipment" procedure review) <i>Tagup with specialists as necessary (S-band)</i>
12:25-13:25	FE-5	LUNCH

12:45-12:55	FE-6	Removal of the Alignment Guides from CIR to unlock PaRIS prior to starting microgravity environment
12:55-13:00	FE-6	USND2-power down
12:55-13:55	FE-4	LUNCH
13:00-14:00	CDR,FE-2, FE-6	LUNCH
13:25-14:40	FE-5	CWQMK Water Sample Analysis
13:30-14:30	FE-3	LUNCH
13:55-14:25	FE-4	Preparation for SM Window Inspection and Photography (Equipment Gather and Work Area Setup) <i>Tagup with specialists as necessary (S-band)</i>
14:00-14:40	CDR	CPB-K2M Filter-Reactor (Φ -P) Replacement
14:00-15:00	FE-2	Cleaning ventilation system screens on FGB interior panels (panels 201, 301, 401)
14:00-14:20	FE-6	HRF Urine Sample Collection
14:20-14:25	FE-6	HRF-MELFI-INS OPS
14:25-14:40	FE-6	HAM Radio Relocation
14:25-17:55	FE-4	RS ISS Window 3, 5, 9, 26 Inspection and Photography. Photo File Prep for Downlink
14:40-14:55	FE-6	DOSIS3D - Dosimeter Relocation
14:40-14:45	FE-5	TOCA 2 Data Recording
14:40-15:10	CDR	Changeout of CPBK-2M purification column assembly [БКО] /
14:40-16:20	FE-3	ITCS - sampling
14:45-15:05	FE-5	Grab Sample Container (GSC) Sampling Operations
14:55-15:10	FE-6	VESSELID - Placement
15:05-16:35	FE-5	ARED Exercise
15:10-16:10	CDR	Flushing Elektron-VM Gas-Liquid Separator (ГЖС) SVO
15:10-16:10	FE-2	Flushing Elektron-VM Gas-Liquid Separator (ГЖС) SVO - Handover
16:05-16:20	FE-6	BODYM - Crew gathers equipment in preparation for Body Measurements data collection operations
16:10-16:25	CDR	Exercise data downlink
16:10-16:50	FE-2	SOZh maintenance
16:20-17:20	FE-3	T2 Exercise
16:20-16:40	FE-6	HRF – Urine collection
16:25-17:25	CDR	ARED Exercise
16:35-17:35	FE-5	CEVIS Exercise
16:40-16:45	FE-6	HRF - Urine Sample MELFI Insertion
16:45-17:15	FE-6	ABRS Checkout - Part 2
16:50-18:20	FE-2	БД-2 Exercise, Day 1
17:15-17:25	FE-6	HRF - Blood Draw Operations
17:25-18:55	FE-6	ARED Exercise
17:25-17:55	CDR	Post-Exercise Hygiene Procedure
17:50-18:00	FE-3	PAO Hardware Setup
17:55-18:00	CDR	TERMO-LADA. Visual Inspection of Hardware Operation
17:55-18:55	FE-4	VELO Exercise, Day 2

18:00-18:10	FE-3,FE-5	Crew Prep for PAO
18:00-18:20	CDR	IMS Update
18:10-18:30	FE-3,FE-5	PAO Event
18:20-18:55	CDR, FE-2	Evening Work Prep
18:30-18:55	FE-3,FE-5	Evening Work Prep
18:55-19:15	.	Daily Planning Conference (<i>S-band</i>)
19:15-19:30	.	Evening Work Prep
19:30-21:30	CDR, FE-2, FE-4, FE-5	Pre-sleep
19:30-21:25	FE-3,FE-6	Pre-sleep
21:25-21:30	FE-3,FE-6	REMINDER - Reading Reminder
21:30-06:00	.	SLEEP
Task List	CDR,FE-2, FE-4	Preparation of reports for Roscosmos site
		URAGAN Observations and Photography
		ECON-M. Observations and Photography

Note:

1. SM Window No. 9 shutter opening is at crew discretion w/ **Report to MCC**
 2. Pre-sleep ops: daily food prep, dinner, pre-sleep
 3. See OSTP for references to US activities.
 4. **Russian crew uses US exercise equipment strictly per F24 or OSTPV**
 5. **At high beta angles power off all Auxiliary Computer System (BKC) Laptops which are not in use**
- End of Radiogram