## PLASMA CRYSTALL. Medical Experiments.

GMT	CREW	ACTIVITY
06:00-06:10		Morning inspection
06:10-06:40	FE-1	Post-sleep
06:10-06:15	CDR	PLASMA CRYSTAL3. Turbo-pump activation
06:15-06:40		Post-sleep
00.40.00.50		MO-8. Set-up
06:40-06:50	FE-1 CDR	MO-7. Calf volume measurement
06:50-07:00		
06:50-07:05	FE-1	MO-8. Body mass measurement
07:05-07:20	CDR	
07:05-07:55	FE-1	BREAKFAST
07:20-07:30	ODD	MO-8. Close-out ops
07:30-08:20	CDR	BREAKFAST
07:55-08:20	FE-1	Work prep
08:20-08:35		Daily planning conference (S-band)
08:35-09:05	FE-1	Psychological evaluation program
08:35-08:45		Work prep
08:45-08:50		On MCC GO ISS repress with O2 from Progress 353 CpΠK (start)
08:50-09:00	CDR	Work prep
09:00-09:40		Activate AOK ГАНК-4M continuous measurement mode. <i>Tagup with specialists</i> (VHF +S-band)
09:05-10:05	FE-1	Cleaning removable screens 1, 2, and 3 in FGB ГЖТ [Gas-Liquid Heat Exchanger]
09:45-09:50	CDR	ISS O2 repress from Progress 353 CpΠK (terminate)
09:50-10:35	CDK	PLASMA CRYSTALL Experiment setup. Tagup with specialists (S-band)
10:05-10:35	FE-1	Laptop A31P reconfiguration. Prepack for LF-1 return.
10:35-10:50	FE-1	Search LAB1D1 rack area for missing failed PPA.
10:35-11:10	CDR	PLASMA CRYSTALL. Experiment ops (start). TV Downlink (VHF). Tagup with specialists (S-band)
11:10-11:30		Yellow-tagging of medical oxygen masks set 2AC-7643-5870 (locations: masks are in Progress 353 FPO_1_3; yellow tags are in NOD04_A1, 0.5 CTB 1039 in a bag b/c 003312J)
11:20-12:20	FE-1	FOOT- hardware assembly
12:00-12:20	CDR	PLASMA CRYSTALL Experiment termination
12:20-13:20	CDK	Physical exercise (VELO + Load Trainer/Cycle 1), day 3
12:20-12:50	FE-1	FOOT- calibration prep
12:50-13:20		Routine maintenance of Compound Specific Analyzer- Combustion Products (CSA-CP)
13:20-14:20		LUNCH
14:20-14:50	CDR	PLASMA CRYSTALL Copy data from the hard drive. Tagup with specialists (S-band)
14:20-14:25	FE-1	Routine maintenance of Compound Specific Analyzer- Combustion Products (CSA-CP)
14:35-14:55		IMS file prep

14:50-16:50	CDR	ИПК-1 personal protection gear remove and replace. Install ИПК-1 Nos. 92-03-05-01-003, -004, -006 delivered by Progress 353 (ТКГ353ГрО_1_5). Stow removed ИПК-1 for disposal. Update the IMS.
14:55-15:25	FE-1	СОЖ maintenance
15:25-15:40		Questionnaire - log entry
15:40-16:40		Physical Exercise (TVIS)
16:40-16:50		TVIS Weekly Maintenance
46.50 40.00		Physical Exercise (RED)
16:50-18:20	CDR	Physical Exercise (TVIS) Day 3
18:20-18:25	FE-1	Transfer TVIS, RED, and HRM data to MEC
18:20-18:35	CDR	Daily plan rovious
18:25-18:35	FE-1	Daily plan review
18:35-18:50		Astronaut Office Conference (S-band)
18:55-19:10		Daily planning conference (S-band)
19:10-19:30		Report prep
19:30-20:00		DINNER
20:00-20:30		Daily food prep
20:30-21:30	FE-1	Pre-sleep
20:30-21:00		
21:00-21:05	CDR	PLASMA CRYSTAL-3. Turbo-pump deactivation
21:05-21:30		Pre-sleep
21:30-21:45	FE-1	Private conference (S-band)
21:30-06:00	CDR	SLEEP
21:45-06:00	FE-1	
Task List	CDR	URAGAN Observation and photo imagery

**Note:** See OSTP for references to US activities. End of Radiogram