

Launch of Soyuz 220. Crew off-Duty

GMT	CREW	ACTIVITY
15:30-15:40		Morning inspection
15:40-16:10		Post-sleep
16:10-17:00		BREAKFAST
17:00-17:35	FE-2	Science Experiment "Capillary Flow" – Hardware set up
17:35-17:50	FE-2	Science Experiment "Capillary Flow" – Internal Flow 1
17:50-18:05		Weekly planning conference (<i>S-band</i>)
18:05-18:20		Weekly ISS crew conference with the Program Management (<i>S-band</i>)
18:20-18:40	FE-2	Science Experiment "Capillary Flow" - Internal Flow 1
18:30-18:55	CDR	HRF, PC1 Equipment set up
18:40-19:20	FE-2	Testing Ku-band TV downlink (configuring TV System for Soyuz docking) / (<i>S+Ku-band</i>)
18:55-19:40	CDR	HRF data load check
19:20-19:50	FE-1, FE-2	Testing Ku-band TV downlink (configuring TV System for Soyuz docking) / (<i>S + Ku-band</i>)
19:50-20:00	FE-2	Photo/TV: Laptop A31P deactivation
20:00-21:00	FE-2	Science Experiment "Capillary Flow" - Internal Flow 1
20:20-20:35	CDR	Private Psychological Conference (<i>Ku + S-band</i>)
21:00-22:30	CDR	Physical Exercise (CEVIS)
21:00-22:30	FE-1	Physical Exercise (TVIS), day 1
21:00-21:15	FE-2	Private Psychological Conference (<i>Ku + S-band</i>)
21:30-22:30	FE-2	Physical Exercise (RED)
22:30-23:30		LUNCH
23:30-23:35	CDR	HRF Equipment Stow
23:30-02:30	FE-1	DC1 Weekly Housekeeping (Replacement of filters ПФ1-ПФ2 and cleaning fan screens B1, B2, and air ducts ВД1, ВД2). Replacement of ПФ1-ПФ4 filters in SM
23:00-02:30	FE-2	Weekly Housekeeping
23:35-23:40	CDR	Calldown on HRF stow and PC deactivation
00:00-03:00	CDR	Weekly Housekeeping
02:30-03:30	FE-1	Physical Exercise (TVIS), day 1
02:30-02:55	FE-2	Science Experiment "Capillary Flow" - Internal Flow 1
02:55-03:25	FE-2	Science Experiment "Capillary Flow" - Hardware teardown
03:00-03:30	CDR	COЖ Maintenance
03:30-03:40	FE-1	Switching Condensate Line [MOK] to Condensate Collector [СБК] and activation of SKV1
03:30-05:00	FE-2	Physical Exercise (TVIS)
03:55-05:00	CDR	Physical Exercise (RED)
05:00-05:30		DINNER
05:30-06:00		Daily food prep
06:00-07:00		Pre-sleep

07:00-15:30		SLEEP
Task List	FE-1	TBY (Universal Bioengineering Thermostat). Temperature check
		URAGAN. Observations and photography
		ECON. Observation and photography

Note: See OSTP for references to US activities.

End of Radiogram