## **Suited Exercise**

GMT	CREW	ACTIVITY
06:00-06:10	CDR	Morning Inspection
06:00-06:10	FE-1	Morning Inspection. SM ΠCC [Caution & Warning Panel] Test
06:00-06:05	FE-3	Urine Collection for SOLO Experiment
06:00-06:10	FE-4	Morning Inspection. Inspection of CM-Y connector on MHP-HC pump behind ACY panel 139
06:00-06:05	FE-5	Bisphosphonate Pill Ingestion
06:00-06:05	FE-6	Bisphosphonate Pill Ingestion
06:05-06:35	FE-3	SOLO Blood Sample Collection
06:05-06:10	FE-5	Reaction Self-test
06:05-06:10	FE-6	Reaction Self-test
06:10-06:40	<b>CDR,FE-1,FE-4</b> , FE-5,FE-6	Post-sleep
06:35-06:55	FE-3	SOLO-RC Setup and Config
06:40-07:30	<b>CDR,FE-1,FE-4</b> , FE-5,FE-6	BREAKFAST
06:55-07:05	FE-3	Post-sleep
07:05-07:25	FE-3	SOLO MELFI Blood Sample Insertion
07:25-07:30	FE-3	Reaction Self-test
07:30-07:55		Daily Planning Conference (S-band)
07:55-08:10	CDR	Work Prep
07:55-08:05	FE-5	Work Prep
07:55-08:35	FE-3	Portable Clinical Blood Analyzer (PCBA) for SOLO Experiment
07:55-08:15	FE-1,FE-4	Work Prep
07:55-08:10	FE-6	Work Prep
08:05-08:50	FE-5	USOS CSA Ops
08:10-10:30	CDR	TYPOLOGY Experiment Ops. Tagup with specialists
08:10-08:15	FE-6	WHC Pump/Separator Inspection
08:15-08:25	FE-6	FIR Alignment Guide Removal
08:15-08:45	FE-4	Vacuum Pressure Gauge Accuracy Check
08:25-08:35	FE-6	RFTA Access
08:35-08:50	FE-3	Post-sleep
08:35-08:55	FE-6	RFTA Reconfiguration For Urine Processing
08:50-08:55	FE-5	JEMRMS RLT Activation
08:50-09:40	FE-3	BREAKFAST
08:55-09:10	FE-5	JEMRMS-SSC Installation
08:55-09:05	FE-6	RFTA Cleanup Ops
09:05-09:30	FE-6	Battery Stowage Assembly (BSA) Battery Recharge Terminate
09:10-09:25	FE-4	Air duct removal from DC1 (skip B3 fan removal)
09:10-09:25	FE-1	Comm config for suited run
09:10-09:15	FE-5	JEMRMS RLT Laptop Activation
09:15-09:25	FE-5	JEMRMS RLT Laptop Deactivation

09:25-09:35	FE-5	JEMRMS UOP Reconnect
09:25-09:45	FE-1,FE-4	Pre-Dry Run Orlan Systems Check
09:30-09:55	FE-6	SSC JEM setup to monitor JEMRMS operations
09:35-09:45	FE-5	FMK Deployment Ops
09:40-11:10	FE-3	Physical Exercise (ARED)
09:45-09:55	FE-5	EHS GC/DMS Ops Start
09:45-10:00	FE-1,FE-4	DC1 5CC [Orlan Interface Unit] Checkout
09:55-10:00	FE-6	SSC MPEG2 Check
09:55-10:55	FE-5	Physical Exercise (CEVIS)
10:00-10:30	FE-1,FE-4	EVA Gear Donning
10:30-10:40	FE-1,FE-4	Comm check and biomed telemetry test
10:30-10:35	FE-6	ISSAC Window Shutter Open
10:30-11:00	CDR	SEINER Ocean Observations
10:40-10:50	FE-1,FE-4	Orlan and ECC Initial Conditions Check In Run
10:50-11:05	FE-1,FE-4	Ingress Orlans, seal off backpacks
10:55-11:15	FE-5	GSC Air Sampling
11:05-11:10	FE-1,FE-4	Orlan and ECC Controls Checkout
11:10-12:40	FE-6	Physical Exercise (ARED)
11:10-12:40	FE-3	Physical Exercise T 2
11:10-12:10	FE-1,FE-4	Orlan and 5CC Preliminary Leak Check
11:15-11:30	FE-1,FE-4	Orlan fit check at suit pressure P.CK= 0.4
11:15-11:45	FE-5	ROBoT Video Equipment Setup
11:30-13:00	CDR	Physical Exercise (TVIS), Day 4
11:30-13:00	FE-1,FE-4	Orlan translation exercise
	FE-5	
11:55-12:05	FE-1,FE-4	PAO Hardware Setup
12:00-12:30	,	Orlan Egress
12:05-12:15	FE-5	Crew Prep For PAO
12:10-12:25	FE-3	Urine Collection for SOLO Experiment
12:15-12:35	FE-5	PAO Event
12:30-12:40	FE-1	Post-Exercise Comm Reconfig For Nominal Ops
12:35-12:45	FE-5	PAO Hardware Deactivation
12:40-12:50	FE-6	FIR Video Setup
12:45-12:50	FE-5	SLT Laptop Reboot
12:50-13:00	FE-6	FIR ARIS Monitoring
12:55-13:00	FE-5	D2XS Battery Charge
12:55-13:00	FE-6	WHC Pump/Separator Inspection
13:00-14:00	-  - 	LUNCH
14:00-14:45	FE-3,FE-5	Performing DOUG Review for JEMRMS SFA Function C/O
14:00-15:30	CDR	MATRYOSHKA-R BUBBLE-dosimeter initialization and deployment for exposure. <i>Tagup with specialists</i>
14:00-16:00	FE-1,FE-4	Post-exercise closeout ops, air duct installation
14:00-14:05	FE-6	Big Picture Words Review
14:05-14:15	FE-6	CIR Photo/TV Prep
14:15-14:20	FE-6	CIR Photography

14:20-14:35	FE-6	CIR Front End Cap Open
14:35-14:55	FE-6	CIR Front End Cap Open
14:45-15:45	FE-3,FE-5	Robotics Training
14:55-16:20	FE-6	MDCA CIA Config
15:30-16:50	CDR	SM ΠΦ1-4 dust filter cartridge changeout and photography (ΦΓΕ1ΠΓΟ_2_226_1 bag 409-32-2, (00053723R). Update IMS
15:45-16:00	FE-3	Urine Collection for SOLO Experiment
15:45-15:50	FE-5	EHS GC/DMS Ops Terminate
15:50-17:20	FE-5	Physical Exercise (ARED)
16:00-16:40	FE-1,FE-4	Installation of Orlan spacesuit replaceable elements for EVA
16:00-16:15	FE-3	VIABLE Crew Training
16:15-16:25	FE-3	VIABLE Bag Inspection
16:20-16:45	FE-6	CIR Front End Cap Close
16:25-17:10	FE-3	VIABLE Bag Transfer
16:50-17:30	CDR	СОЖ Maintenance
16:40-17:00	FE-4	Evening Work Prep
16:40-17:00	FE-1	БК-3M Replacement
16:45-17:15	FE-6	CIR Manifold Bottle Replacement
17:00-18:30	FE-4	Physical Exercise (TVIS), Day 1
17:10-17:25	FE-3	Urine Collection for SOLO Experiment
17:15-17:30	FE-6	CIR Front End Cap Close
17:20-17:40	FE-5	Comm check
17:30-18:30	FE-1	Physical Exercise (VELO), Day 4
17:30-18:30	CDR	Physical Exercise (ARED)
17:30-18:30	FE-6	Physical Exercise T 2
17:40-17:55	FE-5	POMS Questionnaire
17:45-18:00	FE-3	SOLO Urine Collection
17:55-18:10	FE-5	Evening Work Prep
18:00-18:05	FE-6	WHC Pump/Separator Inspection
18:05-18:10	FE-3	Daily Diet Monitoring
18:10-18:30	FE-3	Evening Work Prep
18:10-18:25	FE-5	Private Medical Conference
18:25-18:30	FE-5	Battery D2XS Charge
18:30-18:55		Daily Planning Conference (S-band)
18:55-19:15		Weekly Crew Conference with the ISS Program Management (S-band)
19:15-19:30	<b>CDR,FE-1</b> ,FE-3, <b>FE-4</b> ,FE-5	Evening Work Prep
19:15-21:10	FE-6	Pre-sleep
19:30-21:30	FE-1,FE-4	Pre-sleep
19:30-21:25	FE-5	Pre-sleep
19:30-19:35	FE-3	MPC Power Up
19:30-21:20	CDR	Pre-sleep
19:35-21:20	FE-3	Pre-sleep
21:10-21:15	FE-6	ISSAC LAB window shutter close

Task List	CDR,FE-1,FE-4	Preparation of reports for Roskosmos site
	CDR	IMS Update
21:30-06:00		SLEEP
21:25-21:30	FE-6	Reaction Self-test
21:25-21:30	FE-3	MPC Power Down
21:25-21:30	FE-5	Reaction Self-test
21:20-21:25	FE-3	Reaction Self-test
21:20-21:30	CDR	URAGAN. FSS PL Battery Charge (start)
21:15-21:25	FE-6	FIR Alignment Guide Installation

## Notes:

- SM Window #9 shutter opening is at crew discretion w/ Report to MCC
  See OSTP for references to US activities

- 3. Pre-sleep ops: daily food prep, dinner, pre-sleep4. Tagups with specialists during all EVA prep activities (S-band+VHF) End of Radiogram