

ISS11-ISS12 Handover. Descent OBT (ISS11)

GMT	CREW	ACTIVITY
07:30-07:40		Morning inspection
07:40-08:10		Post-sleep
08:10-09:00		BREAKFAST
09:00-09:30		Work prep
09:30-09:45		Daily planning conference (<i>S-band</i>)
09:45-10:35	CDR-12, FE-1	Discarding equipment stowed in US Airlock
09:45-10:30	CDR	BIORISK. Tray and container disassembly and kit transfer to Soyuz
10:05-10:20	FE-1-12	SPACE CUP NOODLE. Close-out ops
10:20-10:30	FE-1-12	Verify ИП-1 sensor installation
10:30-11:30	FE-1-12, CDR	ISS11-ISS12 handover
10:35-11:35	FE-1	Physical exercise (TVIS)
11:30-11:45	CDR, FE-1-12	Motorola phone charging: set up. Tagup with specialists (S-band) as necessary
11:35-12:35	FE-1	Physical exercise (RED)
11:35-12:45	CDR-12	Water sampling (SRV-K and SVO-Z) - microbial analysis
11:45-12:45	CDR	Dismantling ЛКТ (TA251МБ) and ROM in the Soyuz 216 Habitation Module
12:00-12:05	FE-1-12	Motorola phone charging - status check
12:15-12:20		
12:30-12:35		
12:45-14:15	CDR	LBNP Exercise (FINAL) <i>Tagup with specialists (S-band)</i>
12:45-12:55	FE-1-12	Motorola phone charging - cleanup
13:05-14:00	FE-1 assists	LBNP exercise (FINAL)
13:15-14:15	CDR-12	Physical exercise (RED)
14:10-14:15	FE-1-12	On MCC GO: ISS O2 repress from Progress 354 CpПК (Oxygen Supply Facility) (start)
14:15-15:15	.	LUNCH
15:15-18:15	CDR,VC SFP, FE-1	Soyuz 216 Descent OBT
15:15-16:05	CDR-12	Water treatment with Microbial Capture Device (MCD)
15:15-15:20	FE-1-12	ISS O2 repress from Progress 354 CpПК (terminate)
15:20-16:05	FE-1-12	Photo imagery of a mark left by the Active Docking Mechanism Pin on the Passive Mechanism Receiving Cone
16:05-16:25	FE-1-12	Downlink photo imagery of the Docking Cone internal surface and DC1
16:05-16:55	CDR-12	Water treatment with CDB
16:45-17:45	FE-1-12	Physical Exercise (VELO+Load Trainer-1)
16:55-17:15	CDR-12	US equipment pre-pack for return
18:05-18:20	CDR-12, FE-1-12	Private medical conference
18:15-19:15	CDR	Physical exercise (TVIS)
18:20-19:15	CDR-12, FE-1	Prepack of LAB and ISS11 crew items for subsequent return on Shuttle
18:30-18:45	VC SFP	Private medical conference (<i>S-band</i>)
18:55-19:25	FE-1-12	COЖ maintenance
19:00-19:20	VC SFP	Transfer data from flash card to Laptop RSE HDD

19:15-19:30	FE-1,CDR	Private medical conference (<i>S-band</i>)
19:20-19:30	VC SFP	LOW BACK PAIN (MUSCLE) -Back Pain Questionnaire /
19:25-19:45	FE-1-12	IMS file prep
19:30-19:45	VC SFP	MOP. Questionnaire
19:30-19:45	CDR	Report prep
19:35-19:45	CDR-12	PAO hardware setup
19:45-19:55		Crew PAO prep
19:55-20:10		Change of Command Ceremony (<i>Ku+S-band</i>)
20:10-20:25		Daily planning conference (<i>S-band</i>)
20:25-20:45	FE-1	Report prep
20:25-20:30	CDR-12	Transfer TVIS, RED, and HRM data to MEC
20:30-21:00	CDR	Return hardware prepack
20:30-21:00		Report prep
20:45-21:20	FE-1	DINNER
21:00-21:30	CDR, CDR-12, FE-1-12, VC SFP	
21:20-21:35	FE-1	Private family conference (<i>S-band</i>)
21:30-22:00	CDR, CDR-12, FE-1-12, VC SFP	Daily food prep
21:35-22:00	FE-1	
22:00-23:00		Pre-sleep
23:00-07:30		SLEEP
Task List	CDR	Processing condensate from CWC 1027
		Search for BIOECOLOGY Experiment kits A02 and A03

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