

**CARDIO-LBNP. Air sampling. Progress 355 Launch**

GMT	CREW	ACTIVITY
06:00-06:10		Morning inspection
06:10-06:40		Post-sleep
06:40-07:30		BREAKFAST
07:30-08:00		Work prep
08:00-08:15		Daily planning conference ( <i>S-band</i> )
08:15-08:30	CDR	GASMAP HRF - routine health check power up
08:25-08:50	FE-1	SM and FGB air sampling using AK-1M
08:30-08:45	CDR	Grab Sample Container (GSC) ops
08:45-09:15		DST air sampling
08:50-09:00	FE-1	SM air sampling for Freon using AK-1M sampler
09:00-09:15		ИПД air sampling for CO in SM
09:15-09:45		ALTCRISS. Hardware installation. Tagup with specialists ( <i>S-band</i> )
09:15-09:25	CDR	Formaldehyde Monitoring Kit (FMK) stow ops
09:25-09:55		TVIS Monthly Maintenance
09:45-10:15	FE-1	COЖ maintenance
09:55-10:55	CDR	Physical Exercise (TVIS)
10:50-11:50	FE-1	CARDIO-LBNP. Set up for experiment and measurement session 1. <i>Tagup</i>
11:00-11:50	CDR (assistance)	<i>with specialists (S-band+ VHF) To=11:39</i>
11:50-12:40	FE-1	CARDIO-LBNP. Pause between AOS. <i>Tagup with specialists as necessary (S-band)</i>
11:50-12:10	CDR	IMS update
12:10-12:30		EPO with P/L demonstration - procedure review
12:30-12:45		Educational Payload Ops (EPO): camcorder set up
12:40-13:55	FE-1	CARDIO-LBNP. Setting up and running session 2 <i>Tagup with specialists (S-band + VHF) To=13:08</i> close out operations
12:45-13:25	CDR (assistance)	
13:30-13:55	CDR	EPO: recycling demonstration
13:55-14:55		LUNCH
14:55-16:45	FE-1	Audit of water transfer equipment
16:25-16:30	CDR	GASMAP HRF - routine health check power down
16:30-16:35		Setting up ham radio
16:35-16:45		HAM radio session
16:45-18:15	CDR	Physical Exercise (RED)
	FE-1	Physical Exercise (TVIS) Day 1
18:15-18:30	CDR	Serial Network Flow Monitor: training
18:15-18:20	FE-1	Transferring TVIS, RED, and HRM data to MEC
18:20-18:45	FE-1	Daily plan review
18:30-18:45	CDR	
18:45-19:00		Daily planning conference ( <i>S-band</i> )
19:00-19:30		Report prep

19:30-20:00		DINNER
20:00-20:30	CDR	Daily food prep
20:00-20:30	FE-1	Daily food prep
20:30-21:30		Pre-sleep
21:30-06:00		SLEEP
<b>Task List</b>	FE-1	<b>On MCC GO:</b> System data and Wiener БСПН log file dump

**Note:** See OSTP for references to US activities.

End of Radiogram