LBNP sessions. Data transfer via DATA-DUMP

TIME	CREW	ACTIVITY
06:00-06:05	CDR, FE-4	Acoustic dosimeter installation reminder review
06:00-06:10	FE-1	Morning inspection. Laptop RS1(2) reboot
06:00-06:10	FE-2	Morning inspection. Laptop RSS2 reboot
06:00-06:05	FE-5, FE-6	IVA – clothing reminder review
06:05-06:10	CDR	Skin B experiment limitations reminder review
06:05-06:15	FE-4	Morning inspection. SM ΠCC test
06:05-06:10	FE-5, FE-6	IVA – PE clothing reminder review
06:10-06:15	CDR	Morning inspection.
06:10-06:25	FE-1	Urinalysis
06:10-06:55	FE-2	Post-sleep
06:10-06:15	FE-5	ARED PE Photo/Video ops reminder reading
06:10-06:15	FE-6	REMINDER- reading
06:15-06:40	CDR	Post-sleep
06:15-06:25	FE-4	Post-sleep
06:15-06:25	FE-5, FE-6	Morning inspection.
06:25-06:50	FE-1	Post-sleep
06:25-06:40	FE-4	Urinalysis
06:25-06:55	FE-5	Post-sleep
06:25-06:40	FE-6	Post-sleep
06:40-07:30	CDR	Breakfast
06:40-06:50	FE-4	Post-sleep
06:40-06:55	FE-6	Urinalysis
06:50-07:30	FE-1,FE-4	Breakfast
06:55-07:10	FE-2	Urinalysis
06:55-07:45	FE-5	Breakfast
06:55-07:10	FE-6	Post-sleep
07:10-07:20	FE-2	URISIS hardware stow
07:10-08:00	FE-6	Breakfast
07:20-08:00	FE-2	Breakfast
07:30-08:00	CDR, FE-1 , FE-4	Work prep
07:45-08:00	FE-5	Work prep
08:00-08:25		DPC (S-band)
08:25-08:45	CDR	Acoustic dosimeter placement
08:25-08:45	FE-1	Routine maintenance of SM RODNIK tank [КВ], [КН] & [КД] valves
08:25-08:45	FE-2	Work prep
08:25-09:05	FE-4	NAPOR-mini PCA. Prep and start of file transfer. Tagup
08:25-08:40	FE-5	Work prep

08:25-09:55	FE-6	ARED exercise
08:40-08:55	FE-5	BCAT-C1 – image file transfer and camera timer settings
08:45-09:40	FE-1	
	FE-2 assist	LBNP sessions (PRELIMINARY). Tagup (УКВ+S-band)
08:55-09:00	CDR	CUBSAT- hardware photography
08:55-09:10	FE-5	BCATC1- sample stow
09:00-09:40	CDR	SKIN B nominal session with data downlink
09:05-09:35	FE-4	Urine receptacle (ΜΠ) and insert filter (Φ-B) R&R in ACY (Μ-Π #0240018 (00063469R, CM1PO_1_138_1) and Φ-B #1303258 (00061579R, CM1PO_1_138_1 cover 00045144R). Removed items – for disposal on Progress #423)
09:10-09:30	FE-5	ODF update for SW version X2R13
09:30-10:15	FE-5	X2R13 – PCS HDD installation on PCS
09:40-10:40	CDR, FE-1 , FE-2	Sokol Suit leak checks in Soyuz 712
09:40-10:40	FE-4	VELO-1 exercise
09:55-10:45	FE-6	T2 exercise
10:15-10:45	FE-5	PCS R16 HDD installation for two PCS laptops in preparation for Primary C&C MDM SW version update
10:40-12:00	CDR	ARED exercise
10:40-10:55	FE-1, FE-2	SOKOL suit drying – SS1 and SS2 placement for drying
10:40-11:20	FE-4	MATRESHKA-R. BUBBLE-DOSIMTER prep and initialization. <i>Tagup</i>
10:45-11:55	FE-5	T2 exercise
10:45-11:15	FE-6	Work prep
10:55-11:25	FE-1	Preparation for return to Earth
10:55-11:35	FE-2	KAB sampling from CPB-K2M down to ΦΓC into beverage packs – end
11:20-11:25	FE-4	MATRESHKA-R. BUBBLE-DOSIMTER handover to USOS
11:20-11:25	FE-6	RADIN- dosimeter handover
11:25-12:10	FE-4	MATRESHKA-R. BUBBLE-DOSIMTER initialization and placement for exposure. Tagup
11:25-11:40	FE-6	RADIN- dosimeter placement
11:35-12:30	FE-2 FE-1 assist	LBNP sessions (PRELIMINARY). <i>Tagup (УКВ+S-band)</i>
11:50-12:00	FE-6	Crew prep for PAO
11:55-12:00	FE-5	IVA – questionnaire
12:00-13:10	CDR	CEVIS exercise
12:00-12:05	FE-5	Video equipment setup for recording PE on ARED
12:00-12:10	FE-6	Hardware prep in Columbus for PAO
12:05-13:20	FE-5	ARED exercise
12:10-13:00	FE-4	VISIR. Payload ops. <i>Tagup</i>
12:10-12:30	FE-6	PAO
12:30-13:25	FE-1, FE-2	Midday meal
13:00-14:00	FE-4	Midday meal

13:10-14:10	CDR	Midday meal
13:20-14:20	FE-5	Midday meal
13:25-13:35	FE-1	SS1 and 2 drying - end
13:25-14:55	FE-2	Prepare items for return on Progress 712
13:30-13:35	FE-6	IVA- questionnaire
13:35-13:50	FE-1	SS3 drying – start, glove pair #1 drying setup
13:35-14:35	FE-6	Midday meal
13:50-14:20	FE-1	Preparation for return to Earth
14:00-14:15	FE-4	PMC (Ku+S-band)
14:15-14:55	FE-4	EDV (KOB) fill (separation) <i>lid #9</i> for Electron
14:20-14:25	FE-1	Glove pair #1 drying – end, glove pair #2 drying setup
14:20-14:25	FE-5	Post-drying clothes stow
14:25-14:40	FE-5	Connect two PCS R16 laptops
14:35-14:55	FE-1	CBO-3B water sampling into Russian beverage packs
14:40-15:40	FE-5	PCS HDD swap for R16 HDDs
14:55-15:10	CDR	PPFS- tear down
14:55-15:00	FE-1	Glove pair #2 drying - end
14:55-15:55	FE-2	Preparation for return to Earth
14:55-15:35	FE-4	СОЖ maintenance
14:55-15:05	FE-6	ENERGY – water sampling
15:00-15:30	FE-1	Water sample collection from БРП-M into beverage packs
15:10-17:00	CDR	SPRINT- PPFS hardware prep prior to first use
15:20-15:35	FE-6	PMC
15:35-16:15	FE-1, FE-4	Connect Kurs-P SM cables to +Y node (MRM2)
15:40-16:25	FE-5	BCAT- hardware setup and checkout
15:40-15:45	FE-6	Post-drying clothes stow
15:45-17:00	FE-6	MAGVEC- hardware installation
15:55-16:25	FE-2	SPLANKH. Experiment prep
16:15-16:25	FE-4	Evening work prep
16:20-16:35	FE-1	SS3 drying - end, glove pair #3 draying - start
16:25-16:40	FE-2	PMC (Ku+S-band)
16:25-17:55	FE-4	БД-2 exercise, day 1
16:25-16:40	FE-5	SPRINT- PPFS hardware prep prior to first use
16:35-16:40	FE-1	Evening work prep
16:40-16:55	FE-1	PMC (Ku+S-band)
16:40-17:10	FE-2	Evening work prep
16:55-17:05	FE-1	Filter block (БΦ) R&R CO2 ИК0501 filter block (БΦ) R&R (БФ #151 (00062965R, CM1PO_4_449_1 Container 708-1 (00060383R). Prep the removed block for disposal on Progress 423)
17:00-17:10	CDR	PPFS- activation
17:00-17:10	FE-5	Equipment prep for PAO

17:00-17:30	FE-6	ENERGY- monitor installation
17:05-17:10	FE-1	Glove pair #3 drying – end
17:10-17:20	CDR, FE-5	Crew prep for PAO
17:10-17:25	FE-1, FE-2	Post-drying SS and glove stow
17:20-17:40	CDR, FE-5	PAO
17:25-18:50	FE-1	ARED exercise
17:25-18:50	FE-2	БД-2 exercise, day 1
17:30-18:40	FE-6	ENERGY- hardware setup
17:40-17:50	FE-5	SPHERES- battery R&R
17:50-18:20	FE-5	BCAT- sample placement
17:55-18:20	FE-4	Audiogram recording with EARQ SW
18:00-18:15	CDR	COMMD- questionnaire
18:15-18:50	CDR	Evening work prep
18:20-18:50	FE-4	IDENTIFIKATSIYA. Transfer ИМУ-Ц measurements data to laptop
18:20-18:35	FE-5	COMMD- questionnaire
18:40-18:50	FE-5	IVA - questionnaire
18:40-18:50	FE-6	IVA - questionnaire
18:50-19:15		DPC (S-band)
19:15-19:30	CDR, FE-1 , FE-2 , FE-4 , FE-6	Evening work prep
19:15-19:20	FE-5	Evening work prep
19:20-19:30	FE-5	PPFS- power off
19:30-21:25	CDR	Pre-sleep
19:30-21:30	FE-1, FE-2, FE-4	Pre-sleep
19:30-21:10	FE-5	Pre-sleep
19:30-21:20	FE-6	Pre-sleep
21:10-21:15	FE-5	REMINDER- reading
21:15-21:20	FE-5	REMINDER-reading
21:20-21:25	FE-5	IVA clothing - reminder reading
21:20-21:25	FE-6	REMINDER- reading
21:25-21:30	CDR, FE-6	REMINDER- reading
21:25-21:30	FE-5	IVA PE clothing – reminder reading
21:30-06:00		Sleep
	FE-1, FE-2, FE-4	Roskosmos site material prep
		EKON-M. Observation and photography
Task List	FE-2, FE-4	URAGAN. Observation and photography
	FE-2	Earth observation
	FE-4	IMS update

Notes:

1. See OSTPV for references to US activities.

- 2. Pre-sleep ops: daily food prep, dinner, pre-sleep
- 3. Russian crew uses US exercise equipment strictly per F24 or OSTPV $\,$

End of Radiogram