

Soyuz 217 Descent Training

GMT	CREW	ACTIVITY
06:00-06:10		Morning inspection
06:10-06:40		Post-sleep
06:40-07:30		BREAKFAST
07:30-07:50		Work prep
07:50-08:05		Daily Planning Conference (<i>S-band</i>)
08:05-10:05	FE-1	VC10 work area setup. <i>Tagup with specialists (as necessary) (S-band + VHF)</i>
08:05-09:05	CDR	Crew departure prep
09:05-10:05	CDR	Physical Exercise (TVIS)
10:05-10:10	FE-1	TVIS Weekly Maintenance
10:05-10:15	CDR	TVIS Weekly Maintenance
10:10-10:40	FE-1	Dismantling КЛ-152 DM TV cameras (2 units) Stowage in DM
10:15-10:30	CDR	Fan replacement in ИК0501
10:30-12:15	CDR	Search for hardware / r/g 2455
10:40-12:10	FE-1	Physical Exercise (TVIS), day 2
12:15-13:15		Soyuz 217 descent OBT. <i>Tagup with specialists (S-band)</i>
13:15-14:15		LUNCH
14:15-14:35	CDR	Renal Stone: hardware setup
14:15-14:45	FE-1	MATRYOSHKA-R [МАТРЕШКА-Р]. Removal of СПД assemblies for Soyuz return. <i>Tagup with specialists as necessary (S-band)</i>
14:35-14:50	CDR	Renal Stone: diet log
14:45-15:15	FE-1	COЖ maintenance
14:50-15:05	CDR	Rebooting all PCS (monthly)
15:05-15:20	CDR	Private medical conference (<i>Ku + S-band</i>)
15:15-15:55	FE-1	Maintenance closures of Vozdukh Emergency Vacuum Valves in the spare part kit
15:25-15:45	CDR	
15:45-16:15	CDR	Physical Exercise (RED)
15:55-16:55	FE-1	Crew departure prep
16:55-17:10	FE-1	Private Medical Conference (<i>S-band</i>)
17:10-17:25	FE-1	Renal Stone: diet log
17:15-17:55	CDR	Printout Crew Handover Book and Safety Briefing Que-cards
17:25-18:25	FE-1	Physical Exercise (TVIS), day 2
17:55-18:00	CDR	HAM radio setup
18:00-18:10	CDR	HAM radio session
18:20-18:25	CDR	Oxygen and CO2 status check
18:25-18:30	CDR	Transferring TVIS, RED, and HRM data to MEC
18:30-18:45		Daily Planning Conference (<i>S-band</i>)
18:45-19:05	CDR	IMS update
18:45-19:00	FE-1	Daily Plan Review
19:00-19:30	FE-1	Report prep
19:05-19:30	CDR	Report prep
19:30-19:50	CDR	Crew discretionary conference (<i>S-band</i>)

19:30-20:00	FE-1	DINNER
19:50-20:15	CDR	DINNER
20:00-20:30	FE-1	Daily Food Prep
20:15-20:30	CDR	Daily food prep
20:30-21:30		Pre-sleep
21:30-06:00		SLEEP
Task List	FE-1	GCF-JAXA. TBY temperature check

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