

**Work Area Setup for Visiting Crew 9**

GMT	CREW	ACTIVITY
06:00-06:10		Morning inspection
06:10-06:30	CDR	Post-sleep
06:10-06:40	FE-1	
06:30-06:40	CDR	PHARMA. Destow Saliva-F kit
06:40-06:50		Post-sleep
06:40-07:30	FE-1	BREAKFAST
06:50-06:55	CDR	PHARMA. Pharmacokinetics study
07:00-07:05		
07:10-07:15		
07:25-07:30		
07:30-08:00	FE-1	Work prep
07:40-07:45	CDR	PHARMA. Pharmacokinetics study
07:45-08:40		BREAKFAST
08:15-08:45	FE-1	Prep for departure
08:40-08:45	CDR	PHARMA. Pharmacokinetics study
08:45-09:00	.	Daily planning conference ( <i>S-band</i> )
09:00-09:20	CDR	Work prep
09:00-09:30	FE-1	Prep for departure
09:20-09:45	CDR	<b>ISS-MCC TV.</b> Greetings to the staff of Security, Defense, and Law Enforcement Academy ( <b>To=09:20, T1, T2, T3 from СПП</b> )
09:30-11:00	FE-1	Physical Exercise (RED)
09:45-10:45	CDR	Agat health check <i>Tagup with specialists (S-band)</i>
10:45-10:50		PHARMA. Pharmacokinetics study
10:50-12:35		Work Area Setup for Visiting Crew 9. Tagup with specialists (as necessary)
11:00-11:05	FE-1	Mating LTL adapter
11:05-12:05		Physical exercise (CEVIS)
12:05-12:35		HRF2. Initial rack powerup
12:35-12:40	CDR	<b>On MCC Go</b> ISS O2 repress from Progress 354 CpПК (start)
12:35-12:40	FE-1	HAM radio session set up
12:40-12:50		HAM radio session
12:40-12:50	CDR	PHARMA. Saliva sampling. Close-out ops
12:50-13:50		LUNCH
13:50-15:20	FE-1	Airlock fire ports labeling
13:50-13:55	CDR	ISS O2 repress from Progress 354 CpПК (terminate)
13:55-14:40		Work Area Setup for Visiting Crew 9. <i>Tagup with specialists (as necessary)</i>
14:40-14:50		Taking readings from Real-Time Harmful Contaminant Gas Analyzer ГАНК-4М [AOK]
14:50-17:20		PROFILAKTIKA. Cycle ergometer experiment <i>Tagup with specialists (as necessary) (S-band)</i>
15:20-16:50	FE-1	LAB fire ports labeling

16:50-17:20		COX maintenance
17:20-17:40		IMS file prep
17:20-18:20	CDR	Prep for departure
17:45-17:55	FE-1	Compound Specific Analyzer- Combustion Products (CSA-CP) spot check
17:55-18:00		Transfer TVIS, RED, and HRM data to MEC
18:00-18:10		HRF2. Rack power down
18:10-18:25		Questionnaire - log entry
18:20-18:45	CDR	Daily plan review
18:25-18:45	FE-1	
18:45-19:15		Report prep
19:15-19:25		Daily food prep
19:25-19:40		Daily planning conference ( <i>S-band</i> )
19:40-20:00		Daily food prep
20:00-20:30		DINNER
20:30-21:30		Pre-sleep
21:30-06:00		SLEEP
<b>Task list</b>	CDR	PLANTS-2. Data downlink
		Russian Sound Level Meter (Shumomer)

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

End of Radiogram