SOYUZ 231 CARGO TRANSFERS. RS ATTITUDE CONTROL THRUSTERS (ДО) INHIBIT.

GMT	CREW	ACTIVITY
06:00-06:05	CDR	Elektron-VM System Monitoring
06:00-06:10	FE-1	Morning inspection / Inspection of CM-Y connector on MHP-HC pump behind ACY panel 139.
06:00-06:10	FE-2 ,FE-3	Morning Inspection
06:00-06:05	FE-5	Urine Spot Test
06:00-06:05	FE-6	Bisphosphonates Pill Ingestion
06:05-06:10	FE-5,FE-6	Reaction Self Test
06:05-06:10	CDR	Morning Inspection
06:10-06:15	FE-1	Post-sleep
06:10-06:30	FE-2	Post-sleep
06:10-06:45	FE-6	Post-sleep
06:10-06:20	CDR	MO-8. Setup
06:10-06:40	FE-5	Post-sleep
06:10-06:35	FE-3	Post-sleep
06:15-06:25	FE-1	Calf Volume Measurement Kit #98 (00055721R, SM, cont. Medlocker #3)
06:20-06:25	CDR	Body Mass Measurement
06:25-06:35	CDR	Calf Volume Measurement
06:25-06:30	FE-1	Body Mass Measurement
06:30-06:50	FE-1	Post-sleep
06:30-06:35	FE-2	Body Mass Measurement
06:35-06:50	CDR	Post-sleep
06:35-06:40	FE-3	Body Mass Measurement
06:35-06:45	FE-2	Calf Volume Measurement Kit #98 (00055721R, SM, cont. Medlocker #3)
06:40-07:35	FE-3	BREAKFAST
06:40-06:45	FE-5	Body Mass Measurement
06:45-07:35	FE-2 ,FE-5	BREAKFAST
06:45-06:50	FE-6	Body Mass Measurement
06:50-07:35	FE-1	BREAKFAST
06:50-07:00	CDR	MO-8. Cleanup
06:50-07:10	FE-6	BREAKFAST
07:00-07:35	CDR	BREAKFAST
07:10-07:15	FE-6	ISS HAM Radio Setup in Service Module
07:15-07:30	FE-6	ISS HAM Radio Session from SM
07:35-08:00		Daily Planning Conference (S-band)
08:00-08:15	FE-6	BREAKFAST
08:00-08:10	FE-5	Work Prep
08:00-09:25	FE-1	Soyuz 231 Transfers and IMS updates
08:00-08:20	CDR,FE- 2, FE-3	Work Prep
08:10-08:25	FE-5	EMU LLB Battery Charge (start)
08:15-08:45	FE-6	Temp Stow B-Bag in ATV

08:20-08:30	FE-3	Marangoni Experiment w/Microgravity Measurement Apparatus (MMA)
08:25-08:45	FE-5	Start LLB Battery Charge
08:30-10:50	FE-2	TYPOLOGY Experiment. Tagup with specialists (S-band)
08:45-09:05	CDR,FE- 5,FE-6	Soyuz 230 Kazbek Fit Check
09:05-09:50	FE-6	Water Recovery System Recycle Filter Tank Assembly (RFTA) R&R
09:05-10:05	FE-5	US waste pre-pack for disposal in Progress 41
09:05-09:25	CDR	TYPOLOGY Experiment Assistance
09:25-09:35	CDR,FE-1	PAO Conference with Ulyanovsk Branch of Russia's Aviation and Space Association [BAKO] Soyuz (S-band)
09:35-11:05	FE-3	Physical Exercise (ARED)
09:35-11:30	CDR	Water Transfer from Progress 409 Rodnik БВ2 to ЕДВ, БВ2 Bladder Compression
09:55-10:05	FE-6	EHS GC/DMS Ops Start
10:00-11:30	FE-1	Physical Exercise (TVIS) - Introduction
10:05-10:20	FE-5	Private Medical Conference
10:05-10:50	FE-6	Water Recovery System (WRS) Recycle Filter Tank Assembly (RFTA) Fill
10:20-11:20	FE-5	Physical Exercise T 2
10:50-11:00	FE-6	RFTA Access
11:00-11:20	FE-6	RFTA Reconfiguration For Urine Processing
11:05-11:20	FE-3	CMS and T2 Introduction
11:20-11:30	FE-3	Glove Box (MSG) Activation
11:20-11:30	FE-5	PAO Hardware Setup
11:20-11:30	FE-6	RFTA Cleanup Ops
11:30-11:40		Crew Prep for PAO
11:40-12:00		PAO Event (S-band)
12:00-13:00	CDR ,FE- 3,FE-5,FE-6	ULF6 Timeline Review
12:00-12:10	FE-2	USOS/MCC-M Comm Test
12:10-12:30	FE-2	Crew time for ISS adaptation and orientation
12:30-13:00	FE-1,FE-2	CONTOUR REUP Joint Removal Familiarization Video. <i>Tagup with specialists (S-band)</i>
13:00-14:00		LUNCH
14:00-14:05		Crew Prep for PAO
14:05-14:25		PAO Event (S-band)
14:30-14:50	FE-2	IMS Update
14:30-15:30	FE-3	Crew time for ISS adaptation and orientation
14:30-15:10	CDR	Radioskaf Hardware Setup and Test Activation. <i>Tagup with specialists (S-band)</i>
14:30-14:35	FE-5	PAO Hardware Deactivation
14:30-15:10	FE-1	СОЖ Maintenance
14:35-14:40	FE-5	PROK Diet Logging (Day 2-4)
14:40-14:45	FE-5	Weekly O2 sensor reading checkup
14:50-15:20	FE-2	On-orbit Hearing Assessment using EARQ
15:05-15:10	FE-6	Terminate EHS GC/DMS Ops

15:10-15:20	CDR	PAO Hardware Setup
15:20-15:30	CDR,FE- 1,FE-2	Crew Prep for PAO
15:25-16:55	FE-5	Physical Exercise (ARED)
15:30-16:00	FE-6	Crew Medical Officer (CMO) Proficiency Training
15:30-16:00	FE-3	WRS WHC EDV-U R&R
15:30-15:45	CDR,FE- 1,FE-2	TV Greetings (S + Ku - band)
15:45-17:15	FE-2	Physical Exercise (VELO) -Introduction
15:45-15:50	CDR	Closeout operations following water transfer from Progress 409 BB2 Tank
15:45-16:45	FE-1	Crew time for ISS adaptation and orientation
15:50-16:05	CDR	Private Medical Conference (S + Ku-band)
16:00-17:00	FE-6	Physical Exercise T 2
16:00-16:30	FE-3	WRS Maintenance
16:05-17:35	CDR	Physical Exercise (TVIS), Day 1
16:30-17:00	FE-3	WRS Maintenance
17:00-17:10	FE-5	Terminate EMU Metox Regeneration
17:00-18:30	FE-6	Physical Exercise (ARED)
17:10-17:30	FE-1	On-orbit Hearing Assessment using EARQ
17:15-17:30	FE-5	EMU LLB Battery Charge (end)
17:25-17:40	FE-2	Private Medical Conference (S + Ku-band)
17:30-18:00	FE-1 ,FE-3	Crew Medical Restraint System (CMRS) - Checkout
17:30-17:40	FE-5	CSA-CP analyzer battery replacement
17:35-18:35	CDR	Physical Exercise (VELO), Day 1
17:40-18:30	FE-5	Evening Work Prep
17:40-18:10	FE-2	Crew time for ISS adaptation and orientation
18:05-18:30	FE-3	On-orbit Hearing Assessment using EARQ
18:10-18:25	FE-1	Private Medical Conference (S + Ku-band)
18:15-19:05	FE-2	Evening Work Prep
18:25-19:05	FE-1	Evening Work Prep
18:30-19:00	FE-3,FE-5, FE-6	ULF6 Timeline Conference
18:35-18:40	CDR	Elektron-VM System Monitoring
18:40-19:05	CDR	Evening Work Prep
19:05-19:30		Daily Planning Conference (S-band)
19:30-21:30	CDR,FE-1, FE-2,FE-3	Pre-sleep
19:30-19:35	FE-6	MPC Power Up
19:30-21:25	FE-5	Pre-sleep
19:35-21:20	FE-6	Pre-sleep
21:20-21:25	FE-6	Reaction Self Test
21:25-21:30	FE-6	MPC Power Down
21:25-21:30	FE-5	Reaction Self Test
21:30-06:00		SLEEP

Notes:

- SM Window #9 shutter opening is at crew discretion w/ Report to MCC
 See OSTP for references to US activities
- 3. Pre-sleep ops: daily food prep, dinner, pre-sleep End of Radiogram