

**CREW HEALTH STATUS**

GMT	CREW	ACTIVITY
06:00-06:10		Morning inspection
06:10-06:25	FE-1	Post-sleep
06:10-06:40	CDR	Post-sleep
06:25-06:40	FE-1	Biochemical urine test
06:40-06:55	FE-1	Post-sleep
06:40-06:55	CDR	Biochemical urine test
06:55-07:40	FE-1	BREAKFAST
06:55-07:05	CDR	Stowing UROLUX hardware
07:05-07:50	CDR	BREAKFAST
07:40-07:50	FE-1	PAO hardware setup
07:50-08:20	FE-1	Node1 hatch tool opening
08:20-08:35		Daily Planning Conference (S-band)
08:35-09:05	CDR	Work prep
08:40-09:05	FE-1	Work prep
09:05-11:05		ULF 1.1 Timeline Review
11:05-11:35	CDR, FE-1 (assistance)	Study of cardiac bioelectric activity at rest. (To= 11.17)
11:35-13:05	CDR	Physical Exercise (TVIS), day 2
11:35-13:05	FE-1	Physical Exercise (CEVIS)
13:05-13:35		Shuttle prepack tagup (S-band)
13:35-14:35		LUNCH
14:35-14:50	FE-1	Private Medical Conference (Ku + S-band)
14:35-14:55	CDR	IMS update
14:55-15:05		Crew PAO prep
15:05-15:25		PAO event (Ku + S-band)
15:25-17:00	FE-1	Hardware prepack for transfer/return on the Shuttle
15:30-16:00	CDR	COX maintenance
16:00-16:15	CDR	Private Medical Conference (Ku + S-band)
16:45-16:50	CDR	Hematocrit. Setup
16:50-17:30	CDR	Maintenance closure of Vozdukh [ABK] valves in the spare part kit
17:10-17:30	FE-1	Maintenance closures of Vozdukh [ABK] valves in the spare part kit
17:30-18:30	FE-1	Physical Exercise (RED)
17:30-18:30	CDR	Physical Exercise (VELO + Load Trainer-1), day 2
18:30-18:45	.	Daily Planning Conference (S-band)
18:45-19:30	CDR	Evening work prep
18:45-18:50	FE-1	Transferring TVIS, RED, and HRM data to MEC
18:50-19:30	FE-1	Evening work prep
19:30-20:00		DINNER

20:00-20:30		Daily Food Prep
20:30-21:30		Pre-sleep
21:30-06:00		SLEEP
<b>Task List</b>	CDR	Search for Russian equipment to be returned on ULF 1.1 (Searching for КЛ-152 TV cameras and CO2 filter unit)

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