

R&R of 23A281-4 switching device (YKП). Medical Examination.

GMT	Crew	Activity
06:00-06:10	.	Morning station inspection
06:10-06:40	FE-1	PROFILAKTIKA: Blood test
06:10-06:40	CDR	Post-sleep activities
06:40-07:10	FE-1	
06:40-07:30	CDR	BREAKFAST
07:10-08:00	FE-1	
07:30-08:00	CDR	Work prep
08:00-08:15	.	Daily planning conference (<i>S-band</i>)
08:15-09:30	CDR	FOOT: data transfer
08:15-08:45	FE-1	Work prep
08:45-10:45		On MCC go R&R of 23A281-4 switching device (YKП)/.Tag up with the specialist as necessary(<i>S-band+YKB</i>)
09:30-09:40	CDR	FOOT – data downlink prep
09:40-11:55		Physical exercise (TVIS+RED)
10:45-12:30	FE-1	PROFILAKTIKA: TVIS experiment ops. Tag up with the specialist (<i>S-band+VHF</i>)
12:05-12:40	CDR	FOOT - data downlink end
12:30-12:45	FE-1	IMS tag up (<i>S-band</i>)
12:40-12:45	CDR	ISS-8 (Soyuz 7) payload status check
12:45-13:45	.	LUNCH
13:45-14:00	FE-1	PROFILAKTIKA: copy Cardiocassette-2000 data and downlink via OCA
13:45-14:00	CDR	Food questionnaire
14:00-14:05		OCA router reboot
14:00-14:30	FE-1	COЖ maintenance

14:05-14:20	CDR	All PCS weekly reboot
14:20-14:50		Crew Medical Officer (CMO) proficiency training
14:30-15:15	FE-1	Deployed radiation area monitors (RAM): photo ops
15:10-15:40	CDR	Christmas items unpacking
15:15-15:45	FE-1	Crew Medical Officer (CMO) proficiency training
15:45-15:50	FE-1	CO2 level monitoring
15:45-15:55	CDR	PAO event: setup
15:50-15:55	FE-1	On MCC go SM pressurization from Progress 248, start
15:55-16:05	.	PAO event: prep
16:10-16:25	.	PAO event: Downlink Christmas and New Year's greetings (<i>Ku+S-band</i>)
16:35-17:05	CDR	On-orbit hearing assessment , EarQ setup and testing
16:50-16:55	FE-1	On MCC go SM pressurization from Progress 248, end
17:05-17:30		On-orbit hearing assessment , EarQ stowage
17:05-17:25		TVIS/RED/CVIS exercise file download to MEC
17:25-17:45	CDR	Heart rate data transfer to MEC
17:30-18:30	FE-1	Replacement of BT2 AND BTK2 ventilators in [CKB2].(New unit location: white bag II-1/246-3 in ФГБ1ПГО_2_213_1, and white bag III-2/255-2 - ФГБ1ПГО_4_430_1). Report to MCC-M serial numbers of new installed units.
17:45-18:00	CDR	HRM data file erase
18:30-18:50	FE-1	Delta file prep
18:35-18:50	CDR	Journal entry
18:50-19:05	.	Daily planning conference (<i>S-band</i>)
19:30-20:00	.	DINNER (RENAL: pill ingestion)
20:00-20:30	.	Daily food prep
20:30-21:30	.	Pre-sleep activities

21:30-06:00	.	SLEEP
Task List	FE-1	Equipment search

Note : See OSTP for US procedure references
End of radiogram