

**MATED FLIGHT DAY THREE**

GMT	CREW	ACTIVITY
18:00-18:10		Morning inspection
18:10-18:40		Post-sleep
18:40-18:50	CDR, FE-1, CDR-15, FE-1-15, SFPVC	BREAKFAST
18:40-18:50	FE-2	PAO hardware setup
18:50-19:00	ISS-14, CDR-15, FE-1-15	Crew prep for PAO
18:55-19:10	SFPVC	VC12 HAM radio session with city of Fireborn (USA)
19:00-19:20	ISS-14, CDR-15, FE-1-15	Downlink of TV greetings dedicated to 400th Anniversary of Jamestown (S + Ku-band)
19:10-19:30	SFPVC	BREAKFAST
19:20-19:30	ISS-14, CDR-15, FE-1-15	BREAKFAST
19:30-20:00	SFPVC	Prep for Work
19:30-19:45	ISS-14, CDR-15, FE-1-15	Daily Planning Conference (S-band)
19:45-20:25	FE-2	BREAKFAST
19:45-20:15	CDR, FE-1, CDR-15, FE-1-15	BREAKFAST
20:05-20:20	SFPVC	Private medical conference (VHF)
20:15-20:30	CDR-15, FE-1-15	Prep for Work
20:15-20:40	CDR	Prep for Work
20:15-20:45	FE-1	Prep for Work
20:25-20:40	FE-2	Prep for Work
20:30-20:45	CDR-15	Verify ИП-1 sensor installation
20:30-22:10	FE-1-15	PILOT. Experiment ops. Tagup (S-band)
20:40-21:10	CDR, FE-2	ESA PL debrief
20:45-21:00	SFPVC	MATRIX Z1. Preparations and filming 2
20:45-23:30	FE-1	E14 to E15 Crew Handover
20:45-22:10	CDR-15	E14 to E15 Crew Handover
21:10-00:40	CDR, FE-2	EMU sizing
21:40-21:50	SFPVC	Tagup with Consultants Team via VHF1
22:10-23:50	CDR-15	PILOT. Experiment ops
22:10-23:30	FE-1-15	E14 to E15 Crew Handover
22:30-22:45	SFPVC	MATRIX Z1. Video Ops 2 close-out ops. Phase 2
23:10-23:25	SFPVC	VC12 HAM radio session with Budapest
23:30-01:00	FE-1	Physical Exercise (TVIS), day 2
23:50-00:10	CDR-15	PILOT. Teardown of work site
00:00-00:40	FE-1-15	Replacement of Gas-Liquid Mixture Filter (ΦГC) in CPBK-2M (New filter #508003, b/c 00036974R CM1PO_1_121, bag # №350-25. Discard the

		removed unit. <b>Update the IMS.)</b>
00:20-00:40	SFPVC	PILLE. Daily session. Retrieve, read, and install
00:40-01:00	FE-1-15	Sampling condensate water [KAB] upstream of CPBK-2M Gas-liquid mixture filter (ΦГC)- installation of separator and sampler
00:45-00:55	CDR, FE-2	CWC audit
00:55-01:00	FE-2	<b>On MCC Go</b> ISS O2 repress from Progress 359 CpПK (start)
01:00-02:00	.	LUNCH
02:00-04:00	CDR-15, FE-1-15, SFPVC, FE-1	Symbolic activity. Envelope signing and stamping
02:00-02:05	FE-2	ISS O2 repress from Progress 359 CpПK (terminate)
02:00-03:15	CDR	LCVG filling
02:05-02:50	FE-2	Unpack US cargo delivered by Soyuz
02:50-03:20	FE-2	Heart Rate Monitor (HRM) – software preparation
03:15-03:45	CDR	COЖ Maintenance
03:45-05:15	CDR	Physical Exercise (TVIS + CEVIS)
03:50-04:50	FE-2	Physical Exercise (RED)
04:00-05:00	FE-1	Physical Exercise (TVIS), day 2
04:10-04:25	SFPVC	E-MAIL ops
04:25-04:45	CDR-15	IMS Update
04:40-04:50	SFPVC	Private conference using IP-Phone ( <i>Ku-band</i> )
04:45-05:00	CDR-15, FE-1-15	Private Medical Conference ( <i>S-band</i> )
04:50-06:15	FE-2	Physical Exercise (TVIS)
05:00-06:00	FE-1, CDR-15, FE-1-15	E14 to E15 Crew Handover
05:15-06:15	CDR	Physical Exercise (RED)
06:10-06:15	FE-1	Transfer TVIS/RED/CEVIS/HRM data to MEC
06:10-06:15	SFPVC	MUSCLE. Low Back Pain Questionnaire
06:15-06:30	ISS-14, CDR-15, FE-1-15	Daily Planning Conference ( <i>S-band</i> )
06:30-06:40		Evening work prep
06:40-06:50		Crew prep for PAO
06:50-07:10		Russian media PAO ( <i>S + Ku-band</i> )
07:10-07:30		Evening work prep
07:30-08:00		DINNER
08:00-08:30		Daily Food Prep
08:30-09:30		Pre-sleep
09:30-18:00		SLEEP

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

End of Radiogram