

LBNP (ODNT)- Training Sessions

TIME	CREW	ACTIVITY
06:00-06:10	CDR	Morning Inspection. Laptop RS2(1) Reboot / Onboard Computer System (
06:00-06:10	FE-2	Morning Inspection. RSS1, RSS2 Reboot
06:00-06:10	FE-4	Morning Inspection. Inspection of CM-Y connector on MHP-HC behind panel 139 ACY
06:00-06:10	FE-3,FE-5, FE-6	Morning Inspection
06:10-06:40	.	Post-Sleep
06:40-07:30	CDR,FE-2, FE-3,FE-5, FE-6	Breakfast
06:40-07:30	FE-4	Breakfast, SM ПСС Testing / Manual Controls
09:00-10:00	FE-3	PHYSICAL EXERCISE T2
09:25-10:20	CDR FE-2-пом	LBNP (ODNT)-Training (PRELIMINARY). <i>Tagup with specialists (VHF)</i>
10:00-11:30	FE-3	PHYSICAL EXERCISE AREД
10:30-11:30	FE-6	PHYSICAL EXERCISE T2
11:00-11:55	FE-2 CDR-пом	LBNP (ODNT)-Training (PRELIMINARY). <i>Tagup with specialists (VHF)</i>
11:30-13:00	FE-6	PHYSICAL EXERCISE AREд
12:00-13:00	FE-4	PHYSICAL EXERCISE VELO, Day1
13:00-14:00	.	Lunch
14:00-14:40	FE-4	SOZH Maintenance / SOZH
15:15-16:15	CDR	PHYSICAL EXERCISE AREд
16:15-16:45	FE-4	Symbolic Activity - Preparation
16:15-17:45	FE-5	PHYSICAL EXERCISE AREд
16:45-17:45	FE-2	PHYSICAL EXERCISE T2, Day 1
16:45-18:00	FE-4	PHYSICAL EXERCISE БД-2, Day 1
17:45-18:45	FE-5	PHYSICAL EXERCISE CEVIS
18:00-18:15	FE-4	Physical Exercises' Data Downlink
18:15-18:45	CDR,FE-2, FE-3, FE-4, FE-6	Evening Prep Work
18:45-19:10	.	Daily Planning Conference (<i>S-band</i>)
19:10-19:30	.	Evening Prep Work
19:30-20:10	FE-6	Pre-Sleep Ops
19:30-21:30	CDR,FE-2, FE-3, FE-4, FE-5	Pre-Sleep Ops
20:10-20:25	FE-6	Private Family Conference
20:25-21:30	FE-6	Pre-Sleep Ops

21:30-06:00	.	Sleep
Task List	CDR,FE-2, FE-4	Preparation of Reports for Roskosmos Site
		ECON-M. Observation and Photography
		URAGAN. Observation and Photography
	CDR	Preparation of Returnable and Disposable Cargo Items on Soyuz #708
	CDR,FE-2	Preparation of Personal Data on SSC for Crew Return

Notes:

1. SM Window # 9 shutter opening is at crew discretion w/ **Report to MCC**
 2. See OSTPV for missing references to US activities.
 3. Pre-Sleep Ops: dinner, daily food prep, pre-sleep.
 4. Russian crew uses US exercise equipment strictly per F24 or OSTPV.
- End of r/g