

48-Hour ACH-M Test in Different Configurations

| GMT | CREW | ACTIVITY |
|-------------|----------|---|
| 03:00-03:10 | | Morning inspection |
| 03:10-03:40 | | Post-sleep |
| 03:40-04:30 | | BREAKFAST |
| 04:30-05:00 | | Prep for Work |
| 05:25-05:40 | | Daily Planning Conference (<i>S-band</i>) |
| 06:25-07:25 | FE-1 | Transfer urine from EDV-U to Progress 358 Rodnik Water Tanks [5B] 2 (<i>Transfer 2 EDV-U: lid 805 item 32/shell 782 item 32; lid 799 item 32/shell 780 item 32. After transfer flush 5B2 with water from EDB-OP #791 item 32(~9L)</i>) |
| 06:35-06:45 | CDR | CWC audit |
| 06:40-07:40 | FE-2 | Physical Exercise (RED) |
| 06:45-06:50 | CDR | ALTEA - CNSM data transfer check |
| 06:50-06:55 | | Anomalous Long Term Effects on Astronauts (ALTEA) – Recovery – Part 1 |
| 06:55-07:10 | | Food frequency questionnaire |
| 07:10-07:15 | | Anomalous Long Term Effects on Astronauts (ALTEA) - Recovery – Part 2 |
| 07:15-07:45 | | COЖ Maintenance |
| 07:25-08:05 | FE-1 | MATRYOSHKA-R. BUBBLE-dosimeter initialization and positioning for exposure . <i>Tagup with specialists (S-band)</i> |
| 07:40-08:00 | FE-2 | MELFI - ICEPAC Insertion into a Box Module |
| 07:45-09:15 | CDR | Physical Exercise (TVIS + CEVIS) |
| 08:05-09:05 | FE-1 | Physical Exercise (VELO + RED) day 4 |
| 08:20-08:50 | FE-2 | EVA. Glove photo |
| 08:50-09:10 | | Vacuum adapter check |
| 09:05-09:20 | FE-1 | IMS tagup |
| 09:20-09:35 | | ISS crew and ГОГУ (RSA Flight Control Team) weekly conference (<i>S-band</i>) |
| 09:35-09:40 | CDR | On MCC GO ISS O2 repress from Progress 358 CpПK (start) |
| 09:40-10:40 | | LUNCH |
| 10:40-10:45 | CDR | ISS O2 repress from Progress 358 CpПK (terminate) |
| 10:40-11:00 | FE-2 | IMS Update |
| 10:45-11:40 | CDR | NiRA transfer |
| 10:45-12:15 | FE-1 | Data collection and copying for ACH test and downlink closeout ops. <i>Tagup with specialists (S-band)</i> |
| 11:00-11:15 | FE-2 | Food frequency questionnaire |
| 11:15-12:15 | | Tools set up to install Edge Router |
| 11:40-12:25 | CDR | NiRA installation |
| 12:15-13:45 | FE-2 | Physical Exercise (CEVIS) |
| 12:15-13:15 | FE-1 | Tear down the set up to connect Laptop3 to bus 1553. <i>Tagup with specialists (S-band)</i> |
| 12:45-13:45 | CDR | Physical Exercise (RED) |
| 13:20-14:50 | FE-1 | Physical Exercise (TVIS), day 4 |
| 13:45-14:45 | CDR,FE-2 | Prep for ISL ops tagup (<i>S-band</i>) |

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| 14:45-14:55 | FE-2 | O2 level status |
| 15:05-15:10 | CDR | OCA SSC router reboot |
| 15:15-15:20 | | Transfer TVIS/RED/CEVIS/HRM data to MEC |
| 15:20-15:50 | | Evening work prep |
| 15:50-16:05 | | Daily Planning Conference (<i>S-band</i>) |
| 16:05-16:45 | | DINNER |
| 16:45-17:05 | | Flight Director / ISS Crew Tagup (<i>S-band</i>) |
| 17:05-17:30 | | Daily food prep |
| 17:30-18:30 | | Pre-sleep |
| 18:30-04:00 | | SLEEP |
| Task List | FE-1 | RASTENIYA-2. Payload status check |
| | | TBY (Universal Bioengineering Thermostat). Temperature check |
| | | URAGAN. Observations and photography |

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