

PLASMA CRYSTAL-3 PLUS

| GMT | CREW | ACTIVITY |
|-------------|-----------|---------------------------------------------------------------------------------------------------------------------------------|
| 10:00-10:10 | CDR, FE-2 | Morning Inspection |
| 10:00-10:10 | FE-1 | Morning inspection. <i>Inspection of DC1 Power Panel (ББП) Circuit Breaker [A3C] and fuses in DC1 Fuse Boxes БПП-30, БПП-36</i> |
| 10:10-10:40 | FE-1 | Post-sleep |
| 10:10-10:25 | FE-2 | |
| 10:10-10:25 | CDR | Biochemical urine test |
| 10:25-10:40 | FE-2 | |
| 10:25-10:55 | CDR | Post-sleep |
| 10:40-10:55 | FE-2 | |
| 10:40-11:30 | FE-1 | BREAKFAST |
| 10:55-11:45 | CDR, FE-2 | |
| 11:30-12:00 | FE-1 | Prep for Work |
| 11:45-12:00 | CDR, FE-2 | |
| 12:00-12:15 | | Daily Planning Conference (<i>S-band</i>) |
| 12:15-13:35 | FE-1 | PLASMA CRYSTAL-3 PLUS. Equipment setup. <i>Tagup with specialists (S-band)</i> |
| 12:15-12:30 | CDR, FE-2 | Prep for Work |
| 12:30-12:50 | FE-2 | Start BSA battery charge |
| 12:30-12:40 | CDR | Start EMU Metox Regeneration |
| 12:50-13:05 | FE-2 | IWIS removal |
| 13:05-14:20 | CDR, FE-2 | EVA procedure review |
| 13:35-13:55 | FE-1 | PLASMA CRYSTAL-3 PLUS. Leak check before evacuation. <i>Tagup with specialists. (S-band)</i> |
| 13:55-14:05 | FE-1 | RASTENIYA-2. Seed replacement |
| 14:05-14:15 | FE-1 | RASTENIYA-2. Photography |
| 14:35-15:05 | FE-1 | COЖ maintenance |
| 15:15-16:45 | CDR | Physical Exercise (CEVIS) |
| 15:15-16:45 | FE-1 | Physical Exercise (TVIS), Day 1 |
| 15:45-16:45 | FE-2 | Physical Exercise (RED) |
| 16:45-17:45 | | LUNCH |
| 17:45-18:00 | CDR | Food frequency questionnaire |
| 17:45-19:15 | FE-1 | Replacing ISS Laptop Wiener with RSS1 A31P Laptop. <i>Tagup with specialists. (S-band)</i> |
| 18:00-18:10 | CDR | CWC audit |
| 18:15-18:30 | FE-2 | Food frequency questionnaire |
| 18:30-19:15 | CDR, FE-2 | EVA tagup with MCC (<i>S-band</i>) |
| 19:15-20:15 | FE-1 | Physical Exercise (VELO + RED) day 1 |
| 19:45-21:15 | FE-2 | Physical Exercise (TVIS) |
| 20:15-20:35 | FE-1 | IMS update |
| 20:15-21:15 | CDR | Physical Exercise (RED) |
| 21:15-21:20 | CDR | Transfer TVIS/RED/CEVIS/HRM data to MEC |

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| 21:15-21:30 | FE-1, FE-2 | Evening work prep |
| 21:20-21:30 | CDR | Evening work prep |
| 21:30-21:45 | | Daily Planning Conference (<i>S-band</i>) |
| 21:45-22:00 | | Evening work prep |
| 22:00-22:30 | | DINNER |
| 22:30-23:00 | | Daily food prep |
| 23:00-00:00 | | Pre-sleep |
| 00:00-08:30 | | SLEEP |
| Task List | FE-1 | TBY (Universal Bioengineering Thermostat). Temperature check |

Note: See OSTP for references to US activities.

End of Radiogram