

Soyuz №423 Undocking from DC1

TIME	CREW	ACTIVITY
05:10-05:20	FE-1	Post-sleep
05:20-06:00	FE-1	Photography of ТКГ 423 Docking Assembly from SM Window №7, while undocking from DC1
06:00-06:10	CDR	Morning Inspection. Laptop RS1(2) Reboot
06:00-06:05	FE-1	On MCC Go Reset CO-TK PEV to CLOSED position
06:00-06:10	FE-2	Morning Inspection. SM ПСС (caution & Warning Panel) Test
06:00-06:10	FE-3	Morning Inspection
06:00-06:05	FE-5	Reading REMINDER
06:00-06:05	FE-6	Reading REMINDER
06:05-06:15	FE-1	Morning Inspection. Laptop RSS2 Reboot Inspection of CM-Y connector on MHP-HC separator pump in АСУ behind panel 139 and line 5182-03 from Pretreat and Water Dispenser [ДКВ] to MHP in its transparent section
06:05-06:10	FE-5	Urine Collection REMINDER
06:05-06:10	FE-6	Reading REMINDER
06:10-06:20	CDR	Post-sleep
06:10-06:20	FE-2	MO-8. Config set-up
06:10-06:35	FE-3	Post-sleep
06:10-06:15	FE-5	Reading REMINDER
06:10-06:20	FE-6	Morning Inspection
06:15-06:30	FE-1	Post-sleep
06:15-06:20	FE-5	Reading REMINDER-BP REG
06:20-06:25	CDR	Body Mass Measurement
06:20-06:45	FE-2	Post-sleep
06:20-06:25	FE-5	PROK- Urine Sample Collection
06:20-06:40	FE-6	Post-sleep
06:25-06:40	CDR	Post-sleep
06:25-06:30	FE-5	Body Mass Measurement
06:30-06:35	FE-1	Body Mass Measurement
06:35-06:45	FE-1	Post-sleep
06:35-06:40	FE-3	Body Mass Measurement
06:40-07:30	CDR, FE-3	BREAKFAST
06:40-07:00	FE-5	HRF- Urine Sample Collection
06:40-06:45	FE-6	Body Mass Measurement
06:45-07:30	FE-1	BREAKFAST
06:45-06:50	FE-2	Body Mass Measurement
06:45-07:45	FE-6	BREAKFAST
06:50-07:00	FE-2	MO-8. Closeout Ops
07:00-07:30	FE-2	BREAKFAST

07:00-07:05	FE-5	HRF – MELFI Sample Insertion
07:05-07:15	FE-5	Morning Inspection
07:15-07:40	FE-5	Post-sleep
07:30-07:45	CDR, FE-1, FE-2	Daily Planning Conference (<i>S-band</i>)
07:40-08:30	FE-5	BREAKFAST
07:45-08:10	CDR	Work Prep
07:45-08:15	FE-1, FE-2	Work Prep
08:10-08:20	CDR	Private Conference with Exercise Specialist (<i>S-band</i>)
08:20-08:30	FE-1	Private Conference with Exercise Specialist (<i>S-band</i>)
08:30-08:40	FE-2	Private Conference with Exercise Specialist (<i>S-band</i>)
08:30-09:00	FE-5	HRF Ops – Subject for general blood sample collection for freezing, 30 minutes
08:40-09:40	CDR	Orthostatic Stability Evaluation with LBNP. <i>Tagup with specialists (S-band)</i>
08:40-09:40	FE-1	Orthostatic Stability Evaluation with LBNP (assistance).
08:40-09:55	FE-2	ARED Exercise
08:40-08:55	FE-6	HRF Ops – Operator for general blood sample collection
09:10-09:35	FE-6	BLR48 – Beginning of Experiment
09:20-09:30	FE-5	Centrifuge-Fridge Configuration for Sample Insertion
09:40-10:00	CDR	Time for Crew Departure Prep
09:55-11:25	FE-3	ARED Exercise
10:00-13:00	CDR, FE-1	TORU OBT. <i>Tagup with specialists</i>
10:00-12:30	FE-2	Surface Samples from SM Equipment and Structures
10:00-10:05	FE-5	HRF: Completion of Centrifuge Processing of Cold Samples and Centrifuge Close-out Ops
10:05-10:10	FE-5	HRF – Sample MELFI Insertion. Beware of Time Limits.
10:10-10:25	FE-5	HRF - Post Blood Sample Collection Centrifuge Stowage.
10:25-10:30	FE-5	ISERV- Opening Window Shutter
11:00-12:05	FE-6	EHS MCD – Onboard Water Processing and Data Recording from GMT 298
11:05-11:25	FE-5	HRF – Stow Urine Collection Equipment
11:25-11:35	FE-3	ISS HAM- HAM Radio Power Up
11:25-12:45	FE-5	ARED Exercise
12:10-12:30	FE-6	Monthly Conference with ESA Flight Management
12:30-13:00	FE-6	Weekly ISS Housekeeping
12:45-12:50	FE-5	Thermolab – Instrumentation Ops for Circadian Rhythms
12:50-13:05	FE-5	Private Psychological Conference
13:00-14:00	FE-3, FE-6, CDR, FE-1, FE-2	LUNCH
13:05-14:05	FE-5	LUNCH
14:00-15:30	CDR, FE-1	Post-EVA Tool Re-Stow, IMS Ops

14:00-14:40	FE-2	COЖ Maintenance
14:00-14:30	FE-6	ICEBRICK - Insertion
14:05-14:15	FE-5	PROK – Diet Logfile and PH Logsheet Pphotography
14:15-16:15	FE-5	Weekly ISS Housekeeping
14:30-14:50	FE-3	EMU Backpack Replacement
14:30-15:30	FE-6	Weekly ISS Housekeeping
14:40-14:45	FE-2	MRM2 Comm Config to support voice comm during experiment
14:45-15:35	FE-2	KULONOVSKYI KRISTALL. Hardware Setup and Configuration. <i>Tagup with specialists.</i>
15:30-16:05	CDR	Time for Crew Departure Prep
15:30-17:00	FE-1	БД-2 Exercise, Day 3
15:35-16:35	FE-2	KULONOVSKYI KRISTALL. Experiment Run. <i>Tagup with specialists</i>
15:40-17:05	FE-6	ARED Exercise
15:45-16:45	FE-3	T2 Exercise
16:05-16:35	CDR	Evening Work Prep
16:35-17:35	CDR	БД-2 Exercise, Day 4
16:35-16:40	FE-2	MRM2 Comm Reconfig to Normal Ops
16:40-17:05	FE-2	KULONOVSKYI KRISTALL. Copy and Downlink Data
16:45-18:45	FE-3	Weekly ISS Housekeeping
16:55-18:05	FE-5	CEVIS Exercise
17:00-18:00	FE-1	БЕЛО Exercise, Day 3
17:05-17:25	FE-2	IMS Delta File Prep
17:05-18:05	FE-6	T2 Exercise
17:25-17:40	FE-2	Exercise data downlink
17:35-19:05	CDR	ARED Exercise
17:40-18:40	FE-2	БД-2 Exercise, Day 2
18:00-18:20	FE-1	IMMUNO. Preparing Saliva-Immuno Kit for experiment
18:05-18:10	FE-5	Thermolab - Instrumentation Ops for Circadian Rhythms
18:20-18:35	FE-1	Evening Work Prep
18:35-19:05	FE-1	Pre-Sleep
18:35-19:05	FE-6	Weekly ISS Housekeeping
18:40-19:05	FE-2	Evening Work Prep
19:05-19:30	.	Daily Planning Conference (<i>S-band</i>)
19:30-20:40	FE-1	Pre-Sleep
19:30-21:30	FE-2, FE-3	Pre-Sleep
19:30-19:35	FE-5	Pre-Sleep
19:30-19:35	FE-6	Reading REMINDER
19:35-19:55	CDR, FE-5, FE-6	TV Data Downlink
19:55-21:30	CDR, FE-6	Pre-Sleep

19:55-21:15	FE-5	Pre-Sleep
20:40-06:00	FE-1	SLEEP
21:15-21:20	FE-5	Reading REMINDER
21:25-21:30	FE-5	Reading REMINDER
21:30-06:00	CDR, FE-2, FE-3, FE-5, FE-6	SLEEP
Task List	CDR, FE-1, FE-2	Preparation of Reports for Roscosmos Site
		ECON-M. Observations and Photography
		URAGAN. Observations and Photography

Notes:

1. See OSTPV for references to US activities.
2. Pre-Sleep Ops: daily food prep, dinner, pre-sleep.
3. Russian Crew uses US exercise equipment strictly per F24 or OSTPV.
4. **No T2 Exercise at 06:00 - 06:16, 22:00 – 22:40**