Form 24 for 09/03/2010

Radiogram No. 3975u Form 24 fo SM Ventilation System Preventive Maintenance

| 06:10-06:40 FE-2, FE-3, FE-3, FE-3, FE-5 Post-sleep 06:10-06:45 CDR Post-sleep 06:20-06:30 FE-6 SOLO SLAMMD Prep 06:20-06:30 FE-4 SOLO Urine Sample Insertion into MELFI 06:30-06:40 FE-4 Post-sleep 06:30-06:40 FE-6 SOLO Experiment 06:40-06:50 FE-6 Post-sleep 06:40-06:50 FE-6 Post-sleep 06:40-06:50 FE-6 Post-sleep 06:40-06:50 FE-6 Post-sleep 06:40-06:50 FE-4 SOLO Experiment 06:40-07:35 CDR BREAKFAST 06:50-07:40 FE-4 BREAKFAST 06:50-07:10 FE-6 BREAKFAST 07:30-07:45 FE-6 BREAKFAST 07:30-07:45 FE-6 BREAKFAST 07:35-07:45 FE-7 Work Prep 07:40-07:45 FE-4 Post-sleep 07:40-07:45 FE-4 Post-sleep 08:00-08:20 Da Work Prep 08:00-08:25 | GMT | CREW | ACTIVITY |
|---|-------------|---------------------------------|---|
| FE-5 | | FE-2. FE-3 . | |
| 06:00-06:05 CDR Elektron-VM Aerosol Filter Inspection 06:05-06:10 CDR Morning Inspection 06:10-06:40 FE-2, FE-3, FE-3, FE-5 Post-sleep 06:20-06:30 FE-6 SOLO SLAMMD Prep 06:20-06:30 FE-4 SOLO Urine Sample Insertion into MELFI 06:30-06:40 FE-4 Post-sleep 06:30-06:40 FE-6 SOLO Experiment 06:40-07:30 FE-7 FE-8 06:40-06:50 FE-6 Post-sleep 06:40-06:50 FE-6 Post-sleep 06:40-06:50 FE-6 Post-sleep 06:40-06:50 FE-4 SOLO Experiment 06:40-06:50 FE-4 SOLO Experiment 06:40-07:35 FE-4 SOLO Experiment 06:40-06:50 FE-4 SOLO Experiment 06:40-07:40 FE-6 BREAKFAST 06:50-07:10 FE-6 BREAKFAST 06:50-07:10 FE-6 BREAKFAST 07:30-07:45 FE-6 BREAKFAST 07:40-07:45 FE-7 FE-3 | | FE-5 | - 1 |
| 06:05-06:10 | | | |
| 06:10-06:40 FE-2, FE-3, FE-3, FE-5, FE-5 CDR Post-sleep 06:20-06:30 FE-6 SOLO SLAMMD Prep 06:20-06:30 FE-4 SOLO Urine Sample Insertion into MELFI 06:30-06:40 FE-4 Post-sleep 06:30-06:40 FE-6 SOLO Experiment 06:40-07:30 FE-5 FE-3, BREAKFAST 06:40-06:50 FE-6 Post-sleep 06:40-06:50 FE-6 SOLO Experiment 06:40-07:30 FE-5 FE-3 BREAKFAST 06:40-06:50 FE-6 Post-sleep 06:40-06:50 FE-6 SOLO Experiment 06:40-07:40 FE-6 SOLO Experiment 06:40-07:40 FE-6 SOLO Experiment 06:50-07:40 FE-6 SOLO SLAMMD Deactivation and Stowage 07:10-07:45 FE-6 BREAKFAST 07:30-07:45 FE-6 BREAKFAST 07:30-07:45 FE-7 FE-3, Work Prep 07:40-07:45 FE-4 Post-sleep 07:40-07:45 FE-4 Post-sleep 08:00-08:15 FE-5 FE-6 Post-sleep 08:00-08:20 CDR Work Prep 08:00-08:25 FE-6 Post-sleep 08:15-08:35 FE-6 Post-sleep 08:30-10:00 FE-4 Physical Exercise (ARED) 08:50-09:05 FE-2 FE-3, FE-5, FE-6 FE-6 FE-6 FE-6 FE-6 FE-6 FE-6 FE-6 | 06:00-06:05 | CDR | Elektron-VM Aerosol Filter Inspection |
| FE-5 | 06:05-06:10 | CDR | Morning Inspection |
| 06:20-06:30 FE-6 SOLO SLAMMD Prep 06:20-06:30 FE-4 SOLO Urine Sample Insertion into MELFI 06:30-06:40 FE-6 SOLO Experiment 06:40-07:30 FE-5 SOLO Experiment 06:40-06:50 FE-6 Post-sleep 06:40-06:50 FE-6 Post-sleep 06:40-06:50 FE-4 SOLO Experiment 06:50-07:40 FE-4 BREAKFAST 06:50-07:40 FE-6 SOLO SLAMMD Deactivation and Stowage 07:10-07:45 FE-6 BREAKFAST 06:50-07:10 FE-6 BREAKFAST 07:30-07:45 FE-6 BREAKFAST 07:30-07:45 FE-6 BREAKFAST 07:30-07:45 FE-7 BRE-8 Work Prep Work Prep 07:40-07:45 FE-4 Post-sleep 07:45-08:00 Daily Planning Conference (S-band) 08:00-08:25 FE-3, FE-3, FE-3, FE-3, FE-3, FE-5, FE-3, FE-3, FE-5 Work Prep 08:00-08:25 FE-6 Post-sleep 08:00-08:25 FE-4 Post-sleep < | 06:10-06:40 | FE-2, FE-3 , FE-5 | Post-sleep |
| 06:20-06:30 FE-4 SOLO Urine Sample Insertion into MELFI 06:30-06:40 FE-4 Post-sleep 06:30-06:40 FE-6 SOLO Experiment 06:40-07:30 FE-2, FE-3, FE-3, FE-5, FE-3, FE-5, FE-3 BREAKFAST 06:40-06:50 FE-4 SOLO Experiment 06:40-06:50 FE-4 SOLO Experiment 06:40-07:35 CDR BREAKFAST 06:50-07:40 FE-4 BREAKFAST 06:50-07:10 FE-6 SOLO SLAMMD Deactivation and Stowage 07:10-07:45 FE-6 BREAKFAST 07:30-07:45 FE-5 FE-3, FE-3, FE-5, FE-3, FE-5, FE-3, FE-5 07:40-07:45 FE-4 Post-sleep 07:40-07:45 FE-4 Post-sleep 07:40-07:45 FE-4 Post-sleep 07:45-08:00 Daily Planning Conference (S-band) 08:00-08:15 FE-2, FE-3, FE-3, FE-5, FE-3, FE-5, FE-3 Work Prep 08:00-08:25 FE-4 Post-sleep 08:10-08:25 FE-4 Post-sleep 08:10-08:35 FE-2 EMCS Cable Removal <tr< td=""><td>06:10-06:45</td><td>CDR</td><td>Post-sleep</td></tr<> | 06:10-06:45 | CDR | Post-sleep |
| 06:30-06:40 FE-4 Post-sleep 06:30-06:40 FE-6 SOLO Experiment 06:40-07:30 FE-2, FE-3, FE-5 BREAKFAST 06:40-06:50 FE-6 Post-sleep 06:40-06:50 FE-4 SOLO Experiment 06:50-07:40 FE-4 BREAKFAST 06:50-07:10 FE-6 SOLO SLAMMD Deactivation and Stowage 07:10-07:45 FE-6 BREAKFAST 07:30-07:45 FE-6, FE-3, FE-5 Work Prep 07:40-07:45 FE-2, FE-3, FE-3, FE-5 Work Prep 07:40-07:45 FE-2, FE-3, FE-3, FE-5 Work Prep 07:40-07:45 FE-2, FE-3, FE-3, FE-5 Work Prep 08:00-08:15 FE-2, FE-3, FE-3, FE-5 Work Prep 08:00-08:20 CDR Work Prep 08:00-08:25 FE-6 Post-sleep 08:15-08:35 FE-2 FE-4 Post-sleep 08:30-10:00 FE-4 Physical Exercise (ARED) 08:30-09:05 FE-3, FE-5, FE-6 ISS Crew and ΓΟΓУ (RSA Flight Control Team Management) Weekly Conference (S-band) 08:50-09:05 | 06:20-06:30 | FE-6 | SOLO SLAMMD Prep |
| 06:30-06:40 FE-6 SOLO Experiment 06:40-07:30 FE-2, FE-3, PE-5 BREAKFAST 06:40-06:50 FE-6 Post-sleep 06:40-06:50 FE-4 SOLO Experiment 06:45-07:35 CDR BREAKFAST 06:50-07:40 FE-6 SOLO SLAMMID Deactivation and Stowage 07:10-07:45 FE-6 BREAKFAST 07:30-07:45 FE-3, Work Prep 07:30-07:45 FE-4 Post-sleep 07:45-08:00 Daily Planning Conference (S-band) 08:00-08:15 FE-2, FE-3, Work Prep 08:00-08:25 FE-4 Post-sleep 08:00-08:25 FE-4 Post-sleep 08:00-08:25 FE-4 Post-sleep 08:30-10:00 FE-4 Physical Exercise (ARED) CDR, FE-5, FE-5, FE-6 Soyuz 228 stowage layout r/g review and tagup with specialists (S-band) 08:50-09:10 FE-5 SM Ventilation System Preventive Maintenance Group A 09:10-10:10 FE-5 Physical Exercise T 2 | 06:20-06:30 | FE-4 | SOLO Urine Sample Insertion into MELFI |
| 06:40-07:30 FE-2, FE-3, FE-5 BREAKFAST 06:40-06:50 FE-6 Post-sleep 06:40-06:50 FE-4 SOLO Experiment 06:45-07:35 CDR BREAKFAST 06:50-07:40 FE-4 BREAKFAST 06:50-07:10 FE-6 SOLO SLAMMD Deactivation and Stowage 07:10-07:45 FE-6 BREAKFAST 07:30-07:45 FE-7 FE-3, FE-3 FE-2, FE-3, FE-5 Work Prep 07:40-07:45 FE-4 Post-sleep 07:45-08:00 Daily Planning Conference (S-band) 08:00-08:15 FE-2, FE-3, FE-5, FE-5 FE-5 Work Prep 08:00-08:20 CDR Work Prep 08:00-08:25 FE-4 Post-sleep 08:00-08:25 FE-4 Post-sleep 08:15-08:35 FE-2 EMCS Cable Removal 08:35-08:50 FE-3, FE-5, FE-5, FE-5, FE-6, FE-6 Pre-3, FE-5, FE-6, FE-6, FE-6, FE-6, FE-6, FE-6 Pre-3, FE-5, FE-5, FE-6, FE-7, | 06:30-06:40 | FE-4 | Post-sleep |
| 06:40-06:50 FE-5 BREARFAST 06:40-06:50 FE-4 SOLO Experiment 06:45-07:35 CDR BREAKFAST 06:50-07:40 FE-4 BREAKFAST 06:50-07:10 FE-6 BREAKFAST 07:10-07:45 FE-6 BREAKFAST 07:30-07:45 FE-2, FE-3, FE-3, FE-5, FE-3, FE-5 Work Prep 07:40-07:45 FE-4 Post-sleep 07:45-08:00 Daily Planning Conference (S-band) 08:00-08:15 FE-2, FE-3, FE-3, FE-5, FE-3, FE-5 FE-5 Work Prep 08:00-08:20 CDR Work Prep 08:00-08:25 FE-6 Post-sleep 08:00-08:25 FE-6 Post-sleep 08:15-08:35 FE-6 Post-sleep 08:30-10:00 FE-2 EMCS Cable Removal 08:35-08:50 FE-3 FE-3 FE-3 FE-4 Physical Exercise (ARED) 08:35-08:50 FE-8 Physical Exercise (Ty (RSA Flight Control Team Management) Weekly Conference (S-band) 08:50-09:05 FE-2 Food Frequency Questionnai | 06:30-06:40 | FE-6 | SOLO Experiment |
| 06:40-06:50 FE-4 SOLO Experiment 06:45-07:35 CDR BREAKFAST 06:50-07:40 FE-4 BREAKFAST 06:50-07:10 FE-6 SOLO SLAMMD Deactivation and Stowage 07:10-07:45 FE-6 BREAKFAST 07:30-07:45 FE-2, FE-3, FE-5, FE-5, FE-5, FE-5 Work Prep 07:40-07:45 FE-4 Post-sleep 07:45-08:00 Daily Planning Conference (S-band) 08:00-08:15 FE-2, FE-3, FE-3, FE-5, FE-5, FE-5 Work Prep 08:00-08:20 CDR Work Prep 08:00-08:25 FE-6 Post-sleep 08:00-08:25 FE-4 Post-sleep 08:15-08:35 FE-2 EMCS Cable Removal 08:30-10:00 FE-4 Physical Exercise (ARED) 08:35-08:50 CDR, FE-2, FE-3, FE-5, FE-5, FE-5, FE-5, FE-5 ISS Crew and ΓΟΓΥ (RSA Flight Control Team Management) Weekly Conference (S-band) 08:50-10:50 CDR, FE-3 Soyuz 228 stowage layout r/g review and tagup with specialists (S-band) 08:50-09:05 FE-2 Food Frequency Questionnaire 08:50-09:10 FE-6 Wo | 06:40-07:30 | | BREAKFAST |
| 06:45-07:35 CDR BREAKFAST 06:50-07:40 FE-4 BREAKFAST 06:50-07:10 FE-6 SOLO SLAMMD Deactivation and Stowage 07:10-07:45 FE-6 BREAKFAST 07:30-07:45 FE-3 Work Prep 07:40-07:45 FE-4 Post-sleep 07:40-07:45 FE-4 Post-sleep 07:45-08:00 Daily Planning Conference (S-band) 08:00-08:15 FE-2, FE-3, FE-3, FE-5, FE-5, FE-5 FE-5 Work Prep 08:00-08:20 CDR Work Prep 08:00-08:25 FE-6 Post-sleep 08:00-08:25 FE-4 Post-sleep 08:10-08:25 FE-4 Post-sleep 08:10-08:25 FE-4 Post-sleep 08:10-08:25 FE-4 Post-sleep 08:10-08:25 FE-2 EMCS Cable Removal 08:30-10:00 FE-2 Physical Exercise (ARED) 08:35-08:50 CDR, FE-2, FE-3, FE-5, FE-5, FE-6, FE-6 FE-3 FE-4 08:50-10:50 CDR, FE-3 Soyuz 228 stowage layout r/g review an | 06:40-06:50 | FE-6 | Post-sleep |
| 06:50-07:40 FE-4 BREAKFAST 06:50-07:10 FE-6 SOLO SLAMMD Deactivation and Stowage 07:10-07:45 FE-6 BREAKFAST 07:30-07:45 FE-2, FE-3, FE-5 Work Prep 07:40-07:45 CDR Work Prep 07:45-08:00 Daily Planning Conference (S-band) 08:00-08:15 FE-2, FE-3, FE-5, FE-5 FE-5 Work Prep 08:00-08:20 CDR Work Prep 08:00-08:25 FE-6 Post-sleep 08:00-08:25 FE-4 Post-sleep 08:30-10:00 FE-4 Post-sleep 08:30-10:00 FE-4 Physical Exercise (ARED) 08:33-08:50 FE-4 Physical Exercise (ARED) 08:35-08:50 CDR, FE-2, FE-3, FE-5, FE-6 ISS Crew and ΓΟΓУ (RSA Flight Control Team Management) Weekly Conference (S-band) 08:50-10:50 CDR, FE-3 Soyuz 228 stowage layout r/g review and tagup with specialists (S-band) 08:50-09:05 FE-2 Food Frequency Questionnaire 08:50-09:10 FE-6 Work Prep 08:50-11:20 FE-5 SM Ventil | 06:40-06:50 | FE-4 | SOLO Experiment |
| 06:50-07:10 FE-6 SOLO SLAMMD Deactivation and Stowage 07:10-07:45 FE-6 BREAKFAST 07:30-07:45 FE-2, FE-3, FE-5, FE-5, FE-5, FE-5 Work Prep 07:35-07:45 CDR Work Prep 07:40-07:45 FE-4 Post-sleep 07:45-08:00 Daily Planning Conference (S-band) 08:00-08:15 FE-2, FE-3, FE-5, FE-5 FE-5 Work Prep 08:00-08:20 CDR Work Prep 08:00-08:25 FE-6 Post-sleep 08:00-08:25 FE-4 Post-sleep 08:15-08:35 FE-2 EMCS Cable Removal 08:30-10:00 FE-4 Physical Exercise (ARED) 08:35-08:50 FE-3, FE-5, FE-5, FE-5, FE-6 ISS Crew and FOFY (RSA Flight Control Team Management) Weekly Conference (S-band) 08:50-10:50 CDR, FE-2 Fe-3 Soyuz 228 stowage layout r/g review and tagup with specialists (S-band) 08:50-09:05 FE-2 Food Frequency Questionnaire 08:50-09:10 FE-6 Work Prep 08:50-11:20 FE-5 SM Ventilation System Preventive Maintenance Group A | 06:45-07:35 | CDR | · |
| 07:10-07:45 FE-6 BREAKFAST 07:30-07:45 FE-2, FE-3, FE-5, FE-5, FE-5 Work Prep 07:35-07:45 CDR Work Prep 07:40-07:45 FE-4 Post-sleep 07:45-08:00 Daily Planning Conference (S-band) 08:00-08:15 FE-2, FE-3, FE-5, FE-5, FE-5 Fe-5 Work Prep 08:00-08:20 CDR Work Prep 08:00-08:35 FE-6 Post-sleep 08:00-08:25 FE-4 Post-sleep 08:15-08:35 FE-2 EMCS Cable Removal 08:30-10:00 FE-4 Physical Exercise (ARED) 08:35-08:50 FE-3, FE-5, FE-5, FE-5, FE-6 ISS Crew and FOFY (RSA Flight Control Team Management) Weekly Conference (S-band) 08:50-10:50 CDR, FE-2 Fe-3 Soyuz 228 stowage layout r/g review and tagup with specialists (S-band) 08:50-09:05 FE-2 Food Frequency Questionnaire 08:50-09:10 FE-6 Work Prep 08:50-11:20 FE-5 SM Ventilation System Preventive Maintenance Group A 09:10-10:10 FE-2 Physical Exercise T 2 | 06:50-07:40 | FE-4 | BREAKFAST |
| 07:30-07:45 FE-2, FE-3, FE-5 Work Prep 07:35-07:45 CDR Work Prep 07:40-07:45 FE-4 Post-sleep 07:45-08:00 Daily Planning Conference (S-band) 08:00-08:15 FE-2, FE-3, FE-5, FE-5 Work Prep 08:00-08:20 CDR Work Prep 08:00-08:35 FE-6 Post-sleep 08:00-08:25 FE-4 Post-sleep 08:15-08:35 FE-2 EMCS Cable Removal 08:30-10:00 FE-4 Physical Exercise (ARED) 08:35-08:50 CDR, FE-2, FE-3, FE-5, FE-6 ISS Crew and ΓΟΓУ (RSA Flight Control Team Management) Weekly Conference (S-band) 08:50-10:50 CDR, FE-3 Soyuz 228 stowage layout r/g review and tagup with specialists (S-band) 08:50-09:05 FE-2 Food Frequency Questionnaire 08:50-11:20 FE-5 SM Ventilation System Preventive Maintenance Group A 09:10-10:10 FE-2 Physical Exercise T 2 | 06:50-07:10 | FE-6 | SOLO SLAMMD Deactivation and Stowage |
| 07:30-07:45 FE-2, FE-3, FE-5 Work Prep 07:35-07:45 CDR Work Prep 07:40-07:45 FE-4 Post-sleep 07:45-08:00 Daily Planning Conference (S-band) 08:00-08:15 FE-2, FE-3, FE-5, FE-5 Work Prep 08:00-08:20 CDR Work Prep 08:00-08:35 FE-6 Post-sleep 08:00-08:25 FE-4 Post-sleep 08:15-08:35 FE-2 EMCS Cable Removal 08:30-10:00 FE-4 Physical Exercise (ARED) 08:35-08:50 CDR, FE-2, FE-3, FE-5, FE-6 ISS Crew and ΓΟΓУ (RSA Flight Control Team Management) Weekly Conference (S-band) 08:50-10:50 CDR, FE-3 Soyuz 228 stowage layout r/g review and tagup with specialists (S-band) 08:50-09:05 FE-2 Food Frequency Questionnaire 08:50-11:20 FE-5 SM Ventilation System Preventive Maintenance Group A 09:10-10:10 FE-2 Physical Exercise T 2 | 07:10-07:45 | FE-6 | BREAKFAST |
| 07:40-07:45 FE-4 Post-sleep 07:45-08:00 Daily Planning Conference (S-band) 08:00-08:15 FE-2, FE-3, FE-5 Work Prep 08:00-08:20 CDR Work Prep 08:00-08:35 FE-6 Post-sleep 08:00-08:25 FE-4 Post-sleep 08:15-08:35 FE-2 EMCS Cable Removal 08:30-10:00 FE-4 Physical Exercise (ARED) 08:35-08:50 CDR, FE-2, FE-3, FE-5, FE-6 ISS Crew and ΓΟΓУ (RSA Flight Control Team Management) Weekly Conference (S-band) 08:50-10:50 CDR, FE-3 Soyuz 228 stowage layout r/g review and tagup with specialists (S-band) 08:50-09:05 FE-2 Food Frequency Questionnaire 08:50-09:10 FE-6 Work Prep 08:50-11:20 FE-5 SM Ventilation System Preventive Maintenance Group A 09:10-10:10 FE-2 Physical Exercise T 2 | 07:30-07:45 | | Work Prep |
| 07:40-07:45 FE-4 Post-sleep 07:45-08:00 Daily Planning Conference (S-band) 08:00-08:15 FE-2, FE-3, FE-5, FE-3, FE-5, FE-6 Work Prep 08:00-08:20 CDR Work Prep 08:00-08:35 FE-6 Post-sleep 08:00-08:25 FE-4 Post-sleep 08:15-08:35 FE-2 EMCS Cable Removal 08:30-10:00 FE-4 Physical Exercise (ARED) 08:35-08:50 CDR, FE-2, FE-3, FE-5, FE-6 ISS Crew and ΓΟΓУ (RSA Flight Control Team Management) Weekly Conference (S-band) 08:50-10:50 CDR, FE-3 Soyuz 228 stowage layout r/g review and tagup with specialists (S-band) 08:50-09:05 FE-2 Food Frequency Questionnaire 08:50-09:10 FE-6 Work Prep 08:50-11:20 FE-5 SM Ventilation System Preventive Maintenance Group A 09:10-10:10 FE-2 Physical Exercise T 2 | 07:35-07:45 | CDR | Work Prep |
| 07:45-08:00 Daily Planning Conference (S-band) 08:00-08:15 FE-2, FE-3, FE-5 Work Prep 08:00-08:20 CDR Work Prep 08:00-08:35 FE-6 Post-sleep 08:00-08:25 FE-4 Post-sleep 08:15-08:35 FE-2 EMCS Cable Removal 08:30-10:00 FE-4 Physical Exercise (ARED) 08:35-08:50 CDR, FE-2, FE-3, FE-5, FE-6 ISS Crew and FOFY (RSA Flight Control Team Management) Weekly Conference (S-band) 08:50-10:50 CDR, FE-3 Soyuz 228 stowage layout r/g review and tagup with specialists (S-band) 08:50-09:05 FE-2 Food Frequency Questionnaire 08:50-09:10 FE-6 Work Prep 08:50-11:20 FE-5 SM Ventilation System Preventive Maintenance Group A 09:10-10:10 FE-2 Physical Exercise T 2 | 07:40-07:45 | FE-4 | · |
| 08:00-08:15 FE-2, FE-3, FE-5 Work Prep 08:00-08:20 CDR Work Prep 08:00-08:35 FE-6 Post-sleep 08:00-08:25 FE-4 Post-sleep 08:15-08:35 FE-2 EMCS Cable Removal 08:30-10:00 FE-4 Physical Exercise (ARED) 08:35-08:50 CDR, FE-2, FE-3, FE-5, FE-6 ISS Crew and ΓΟΓУ (RSA Flight Control Team Management) Weekly Conference (S-band) 08:50-10:50 CDR, FE-3 Soyuz 228 stowage layout r/g review and tagup with specialists (S-band) 08:50-09:05 FE-2 Food Frequency Questionnaire 08:50-09:10 FE-6 Work Prep 08:50-11:20 FE-5 SM Ventilation System Preventive Maintenance Group A 09:10-10:10 FE-2 Physical Exercise T 2 | 07:45-08:00 | | Daily Planning Conference (S-band) |
| 08:00-08:35 FE-6 Post-sleep 08:00-08:25 FE-4 Post-sleep 08:15-08:35 FE-2 EMCS Cable Removal 08:30-10:00 FE-4 Physical Exercise (ARED) 08:35-08:50 CDR, FE-2, FE-3, FE-5, FE-6 ISS Crew and ΓΟΓУ (RSA Flight Control Team Management) Weekly Conference (S-band) 08:50-10:50 CDR, FE-3 Soyuz 228 stowage layout r/g review and tagup with specialists (S-band) 08:50-09:05 FE-2 Food Frequency Questionnaire 08:50-09:10 FE-6 Work Prep 08:50-11:20 FE-5 SM Ventilation System Preventive Maintenance Group A 09:10-10:10 FE-2 Physical Exercise T 2 | 08:00-08:15 | | |
| 08:00-08:25 FE-4 Post-sleep 08:15-08:35 FE-2 EMCS Cable Removal 08:30-10:00 FE-4 Physical Exercise (ARED) 08:35-08:50 CDR, FE-2, FE-3, FE-5, FE-6 Soyuz 228 stowage layout r/g review and tagup with specialists (S-band) 08:50-10:50 CDR, FE-2 FE-2 FE-3 FE-5 FE-6 Soyuz 228 stowage layout r/g review and tagup with specialists (S-band) 08:50-09:05 FE-2 Food Frequency Questionnaire 08:50-09:10 FE-6 Work Prep 08:50-11:20 FE-5 SM Ventilation System Preventive Maintenance Group A 09:10-10:10 FE-2 Physical Exercise T 2 | 08:00-08:20 | CDR | Work Prep |
| 08:15-08:35FE-2EMCS Cable Removal08:30-10:00FE-4Physical Exercise (ARED)08:35-08:50CDR, FE-2, FE-3, FE-5, FE-6ISS Crew and ΓΟΓУ (RSA Flight Control Team Management) Weekly Conference (S-band)08:50-10:50CDR, FE-3Soyuz 228 stowage layout r/g review and tagup with specialists (S-band)08:50-09:05FE-2Food Frequency Questionnaire08:50-09:10FE-6Work Prep08:50-11:20FE-5SM Ventilation System Preventive Maintenance Group A09:10-10:10FE-2Physical Exercise T 2 | 08:00-08:35 | FE-6 | Post-sleep |
| 08:30-10:00FE-4Physical Exercise (ARED)08:35-08:50CDR, FE-2, FE-3, FE-5, FE-6ISS Crew and ΓΟΓУ (RSA Flight Control Team Management) Weekly Conference (S-band)08:50-10:50CDR,FE-3Soyuz 228 stowage layout r/g review and tagup with specialists (S-band)08:50-09:05FE-2Food Frequency Questionnaire08:50-09:10FE-6Work Prep08:50-11:20FE-5SM Ventilation System Preventive Maintenance Group A09:10-10:10FE-2Physical Exercise T 2 | 08:00-08:25 | FE-4 | Post-sleep |
| CDR, FE-2, FE-3, FE-5, FE-6ISS Crew and ΓΟΓУ (RSA Flight Control Team Management) Weekly Conference (S-band)08:50-10:50CDR, FE-3Soyuz 228 stowage layout r/g review and tagup with specialists (S-band)08:50-09:05FE-2Food Frequency Questionnaire08:50-09:10FE-6Work Prep08:50-11:20FE-5SM Ventilation System Preventive Maintenance Group A09:10-10:10FE-2Physical Exercise T 2 | 08:15-08:35 | FE-2 | EMCS Cable Removal |
| 08:35-08:50 FE-3, FE-5, FE-6 Conference (S-band) CDR,FE-3 Soyuz 228 stowage layout r/g review and tagup with specialists (S-band) 08:50-09:05 FE-2 Fe-6 Work Prep 08:50-11:20 FE-5 SM Ventilation System Preventive Maintenance Group A 09:10-10:10 FE-2 Physical Exercise T 2 | 08:30-10:00 | FE-4 | Physical Exercise (ARED) |
| 08:50-09:05 FE-2 Food Frequency Questionnaire 08:50-09:10 FE-6 Work Prep 08:50-11:20 FE-5 SM Ventilation System Preventive Maintenance Group A 09:10-10:10 FE-2 Physical Exercise T 2 | 08:35-08:50 | FE-3, FE-5, | |
| 08:50-09:10 FE-6 Work Prep 08:50-11:20 FE-5 SM Ventilation System Preventive Maintenance Group A 09:10-10:10 FE-2 Physical Exercise T 2 | 08:50-10:50 | CDR,FE-3 | Soyuz 228 stowage layout r/g review and tagup with specialists (S-band) |
| 08:50-11:20 FE-5 SM Ventilation System Preventive Maintenance Group A 09:10-10:10 FE-2 Physical Exercise T 2 | 08:50-09:05 | FE-2 | Food Frequency Questionnaire |
| 09:10-10:10 FE-2 Physical Exercise T 2 | 08:50-09:10 | FE-6 | Work Prep |
| · | 08:50-11:20 | FE-5 | SM Ventilation System Preventive Maintenance Group A |
| · | 09:10-10:10 | FE-2 | Physical Exercise T 2 |
| | 09:10-09:25 | | Food Frequency Questionnaire |

| 09:25-12:55 | FE-6 | Portable Breathing Apparatus (PBA) and Portable Fire Extinguisher (PFE) inspection |
|-------------|--------------------|--|
| 10:00-11:00 | FE-4 | Physical Exercise (CEVIS) |
| 10:10-10:20 | FE-2 | T2 Snubber Arm Inspection |
| 10:20-11:50 | FE-2 | Physical Exercise (ARED) |
| 11:00-11:05 | FE-4 | VCA2 Camera Adjustment |
| 11:05-11:20 | FE-4 | FIR Photo/Video Setup |
| 11:20-12:00 | FE-4 | ARIS Snubber Pins/Cups Adjustment |
| 11:20-11:35 | CDR, FE-3, FE-5 | IMS Tagup (S-band) |
| 11:35-13:05 | FE-3 | Physical Exercise (TVIS), Day 3 |
| 11:50-11:55 | FE-2 | Video Camera Assembly 1 (VCA1) Adjustment |
| 11:55-12:10 | FE-2 | IMS Tagup (S-band) |
| 12:00-12:10 | FE-4 | ARIS Alignment Guide Relocation |
| 12:05-13:05 | CDR | Physical Exercise (ARED) |
| 12:05-13:05 | FE-5 | Physical Exercise (VELO), Day 3 |
| 12:35-12:50 | FE-4 | ERNOBOX Power Supply Reconfiguration |
| 12:50-13:00 | FE-4 | Vessel ID Sys Bogenarm Adjustment |
| 13:05-14:05 | | LUNCH |
| 14:05-15:05 | FE-5 | Lamp Checkout in ISS RS for power balance assessment |
| 14:05-14:15 | FE-4 | FIR Alignment Guide Installation |
| 14:05-14:50 | FE-2 | EXPRESS-3 Rack Tilt Down |
| 14:05-14:45 | CDR | СОЖ Maintenance |
| 14:05-14:20 | FE-6 | Cube Lab Data Collection |
| 14:05-14:25 | FE-3 | CBO-3B water sampling to Russian drink bags |
| 14:15-14:45 | FE-4 | BIORHYTHM Data Recording |
| 14:20-14:50 | FE-6 | Transfer Food Items from LAB1S1 location |
| 14:25-14:55 | FE-3 | Counter Measure System (CMS) Harmful Contaminant Measurements in SM |
| 14:50-15:20 | FE-6 | US EVA Tool Preparation |
| 14:50-14:55 | FE-2 | Setup G1 Camcorder and Microphone |
| 14:50-15:05 | FE-4 | Food Frequency Questionnaire |
| 14:55-15:50 | FE-2 | Columbus Water On/Off Valve Manual Override |
| 14:55-15:15 | FE-3 | Inspection of CPB-K2M Sediment Trap Insert |
| 15:00-16:30 | CDR | Physical Fitness Evaluation (on treadmill) |
| 15:05-16:00 | FE-4 | Kids in Micro-G Experiment Prep |
| 15:05-15:25 | FE-5 | IMS Update |
| 15:25-16:25 | FE-6 | Physical Exercise (CEVIS) |
| 15:25-16:25 | FE-3 | Physical Exercise (ARED) |
| 15:50-15:55 | FE-2 | G1 Camcorder and Microphone Relocation |
| 15:55-16:10 | FE-5 | Soyuz 229 IRIDIUM Phone Charge.Configure the Setup, Start Charging |
| 15:55-16:00 | FE-2 | Columbus Water On/Off Valve Checkout |
| 16:00-16:25 | FE-2 | EXPRESS-3 Rack Tilt Up |
| 16:00-16:05 | FE-4 | Kids in Micro-G Video Setup |

| 16:05-17:05 | FE-4 | Kids in Micro-G Experiment Ops |
|-------------|--------------------------|---|
| 16:20-16:25 | FE-5 | Soyuz 229 IRIDIUM Phone Charge.Check Charge |
| 16:25-17:55 | FE-6 | Physical Exercise (ARED) |
| 16:25-17:05 | FE-2 | Kids in Micro-G Experiment Assistance |
| 16:25-16:35 | FE-5 | Soyuz 229 IRIDIUM Phone Charge.Stop Charging, Stow the Phone |
| 16:35-16:45 | CDR | Soyuz 228 IRIDIUM Phone Charge.Set up the Phone, Start Charging |
| 16:35-18:05 | FE-5 | Physical Exercise (TVIS), Day 3 |
| 16:55-17:00 | CDR | Soyuz 228 IRIDIUM Phone Charging Status Check |
| 17:00-17:15 | CDR | Soyuz 228 IRIDIUM Phone Charge.Stop Charging, Stow the Phone, Dismantle the Setup |
| 17:05-17:45 | FE-4 | ARIS Snubber Pins/Cups Adjustment |
| 17:10-17:55 | FE-2 | EXPRESS-3 Rack Umbilical Mate After Tilting Back to Nominal Position |
| 17:45-17:55 | FE-4 | ARIS Alignment Guide Relocation |
| 18:05-18:30 | | Daily Planning Conference (S-band) |
| 18:30-19:00 | FE-2 | EMCS Cable Routing |
| 18:35-19:00 | FE-6 | Evening Work Prep |
| 18:35-18:45 | FE-4 | FIR Alignment Guide Installation |
| 18:40-18:45 | CDR | Elektron-VM Aerosol Filter Inspection |
| 18:45-19:10 | CDR, FE-3, FE-4, FE-5 | Evening Work Prep |
| 19:00-19:40 | FE-2 | Pre-sleep |
| 19:00-19:05 | FE-6 | MPC Power Up |
| 19:05-19:40 | FE-6 | Pre-sleep |
| 19:10-19:40 | CDR, FE-3, FE-4, FE-5 | Pre-sleep |
| 19:40-20:00 | | Flight Director / ISS Crew Tagup (S-band) |
| 20:00-21:05 | FE-6 | Pre-sleep |
| 20:00-20:20 | FE-2 | Crew Discretionary Conference |
| 20:00-21:30 | FE-4 | Pre-sleep |
| 20:00-21:30 | CDR, FE-3, FE-5 | Pre-sleep |
| 20:20-21:30 | FE-2 | Pre-sleep |
| 21:05-21:20 | FE-6 | Private Family Conference |
| 21:20-21:25 | FE-6 | Pre-sleep |
| 21:25-21:30 | FE-6 | MPC Power Down |
| 21:30-06:00 | | SLEEP |
| | | |

Notes:

- SM Window #9 shutter opening is at crew discretion w/ Report to MCC
 See OSTP for references to US activities
- 3. Pre-sleep ops: dinner, daily food prep, evening toilet End of Radiogram