

Cycle Ergometer experiment session ("Profilaktika")

GMT	Crew	Activity
06:00-06:10	.	Morning inspection
06:10-06:20	CDR	MO-8. Hardware setup
	FE-1	Calf volume measurement
06:20-06:35		Post-sleep
	CDR	Body mass measurement
06:35-06:50	FE-1	
06:35-06:45	CDR	Calf volume measurement
06:45-07:15	CDR	Post-sleep
06:50-07:00	FE-1	MO-8. Final Ops
07:00-07:15	FE-1	Post-sleep
07:15-08:05	.	BREAKFAST
08:05-08:30	.	Prep for work
08:30-08:45	.	DPC (<i>S-band</i>)
08:45-10:45	CDR	Area setup and installation of cargo containers behind panel 307 in FGB (zone 24A)
08:45-09:45	FE-1	EarthKAM – setup and installation
09:45-10:00	FE-1	FMVM-P/L- familiarization
10:00-10:55	FE-1	FMVM – hardware setup
10:45-13:15	CDR	PROFILAKTIKA. Cycle Ergometer session. <i>Tagup with specialists (VHF+S-band)</i>
10:55-12:25	FE-1	FMVM operations
12:45-13:15	FE-1	COЖ maintenance
13:15-14:15	.	LUNCH
14:15-14:35	FE-1	IMS delta file prep
14:15-14:45	CDR	Multifiltration unit (БКО) changeout for Elektron water supply system (CBO)
14:35-14:40	FE-1	Expedition 9 – Payload status check
14:45-15:45	.	Emergency drill using CheCS hardware
15:45-17:15	FE-1	Physical exercise (RED)
15:45-18:15	CDR	Area setup and installation of cargo containers behind panel 308 in FGB (zone 24B)
17:15-18:15	FE-1	Physical exercise (TVIS)
18:15-18:45	.	Daily plan review
18:50-19:05	.	DPC (<i>S-band</i>)
19:05-19:30	.	Report prep
19:30-19:45	FE-1	DINNER
19:30-20:00	CDR	DINNER
19:45-20:00	FE-1	Foam Payload – tagup with payload developer (<i>S-band</i>)
20:00-20:30	CDR	Daily food prep
20:00-20:15	FE-1	DINNER
20:15-20:45	FE-1	Daily food prep
20:30-21:30	CDR	Pre-sleep
20:45-21:30	FE-1	Pre-sleep

21:30-06:00	.	SLEEP
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Note: See OSTP for references to USOS activities
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