

GMT	CREW	ACTIVITY
18:00-18:10		Morning inspection
18:10-18:40		Post-sleep
18:40-19:30	SFPVC	BREAKFAST
18:40-19:15	ISS14, CDR-15	BREAKFAST
18:40-19:00	FE-1-15	BREAKFAST
19:00-19:15	FE-1-15	Regeneration of БМП Absorption Cartridge Ф2 (start)
19:15-19:30	ISS14, FE-1-15, CDR-15	Daily Planning Conference (<i>S-band</i>)
19:30-19:45	CDR-15, ISS14	BREAKFAST
19:30-20:00	FE-1-15	BREAKFAST
19:30-19:45	SFPVC	Prep for Work
19:45-20:15	ISS14	Prep for Work
19:45-20:10	SFPVC, CDR-15 assists	VC PAO TV downlink (To=19:45, T1, T2, T3 - Automated daily timeline)
20:00-20:15	FE-1-15	Prep for Work
20:10-20:15	CDR-15	Prep for Work
20:10-20:25	SFPVC	E-MAIL ops
20:15-21:00	CDR	Troubleshooting IWIS RSU sensor
20:15-20:45	FE-1-15, FE-1, CDR-15	Signing ISS RS Handover Protocol
20:25-20:40	FE-2	Private Medical Conference (<i>Ku + S-band</i>)
20:40-20:50	SFPVC	Private Conference with Space Adventure using IP-Phone (<i>Ku-band</i>)
20:45-21:30	CDR-15, FE-1-15	ISS-15 familiarization with the ISS
20:45-21:45	FE-2	Physical Exercise (RED)
20:45-22:20	FE-1	Packing return equipment in Soyuz 219
21:10-21:25	SFPVC	VC12 HAM radio session with the City of Richmond (USA)
21:30-22:00	FE-1-15	Transfer of EDV (KOV) for Elektron behind panel 130. Tagup as necessary (<i>S-band</i>)
21:30-21:45	CDR-15	Verify ИП-1 sensor installation
21:50-22:00	FE-2	PAO hardware setup
22:00-22:10	FE-2,CDR	Crew prep for PAO
22:00-22:45	FE-1-15	E15 crew familiarization with the ISS
22:10-22:30	FE-2, CDR	PAO with Florida Today and WOIO-TV, Cleveland (<i>Ku + S-band</i>)
22:15-23:15	SFPVC	Symbolic activity. VC ops
22:20-22:35	CDR-15, FE-1	Motorola phone charging setup in Soyuz 219, start charge. <i>Tagup with specialists (as necessary) (S-band)</i>
22:30-22:45	CDR	IWIS power down
22:45-23:45	FE-1	Physical Exercise (TVIS) day 2
22:45-23:15	FE-1-15	Symbolic activity. VC Ops (religious items)
22:45-23:45	CDR	Physical Exercise (RED)
22:50-22:55	CDR-15	Motorola phone charging - status check

23:10-23:15	CDR-15	Motorola phone charging - status check
23:30-23:35	CDR-15	Motorola phone charging - status check
23:35-23:45	CDR-15	Motorola phone charging - terminate charging, cleanup
23:40-23:45	FE-1-15	On MCC Go ISS O2 repress from Progress 359 CpПК (start)
23:45-00:45		LUNCH
00:45-01:05	SFPVC	PILLE. Daily session. Retrieve, read, and install.
00:45-00:50	FE-1-15	ISS O2 repress from Progress 359 CpПК (terminate)
00:45-01:05	FE-2, CDR	EPO with P/L demonstration - conference (<i>S-band</i>)
01:00-02:30	FE-1-15	Replacing E-K container and E-K hose in ACYsystem (# 601010, b/c 00043134R, ФГБ_3_304_1, note in IMS)
01:00-02:30	CDR-15	Urine transfer from EDV-U to Progress 359 Water Tank 1 [BB1] and BB1 deactivation
01:15-05:15	CDR, SFPVC, FE-1	Soyuz 219 descent OBT. <i>Tagup (S-band)</i>
01:15-01:35	FE-2	Air Sample Container ops
02:30-03:30	CDR-15	Physical Exercise (RED)
02:55-03:40	FE-2	TVIS Monthly Maintenance
03:10-03:40	FE-1-15	COЖ Maintenance
03:30-04:50	CDR-15	E15 crew familiarization with the ISS
03:40-04:40	FE-1-15	Physical Exercise (RED)
03:40-05:10	FE-2	Physical Exercise (TVIS)
04:40-06:00	FE-1-15	E15 crew familiarization with the ISS
05:10-05:15	FE-2	TVIS Weekly Maintenance
05:15-05:35	FE-1	MO-21 prep. Ecosphere battery charge
05:15-05:35	CDR-15	IMS update
05:15-06:45	CDR	Physical Exercise (TVIS + CEVIS)
05:15-06:30	SFPVC	Photo/video ops
05:35-06:35	FE-1	Physical Exercise (TVIS) Day 3
05:35-06:05	CDR-15	Photo/Video Ops Assistance
06:00-07:00	FE-1-15	Evening work prep
06:15-07:00	FE-2, CDR-15	Evening work prep
06:30-06:35	SFPVC	MUSCLE (LOW BACK PAIN) -Low Back Pain Questionnaire
06:35-06:40	FE-1	Transfer TVIS/RED/CEVIS/HRM data to MEC
06:35-07:25	SFPVC	Evening work prep
06:40-07:00	FE-1	Evening work prep
06:45-07:00	CDR	Evening work prep
07:00-07:15	ISS-14, CDR-15, FE-1-15	Daily Planning Conference (<i>S-band</i>)
07:15-07:30	FE-1-15	Daily Food Prep
07:15-07:30	ISS-14, CDR-15	Evening work prep
07:25-07:55	SFPVC	DINNER
07:30-08:00	ISS-14, CDR-15, FE-1-15	DINNER

07:55-08:05	SFPVC	Tagup with Consultants Team via VHF1
08:00-08:30	ISS-14, CDR-15	Daily Food Prep
08:00-08:15	FE-1-15	Daily Food Prep
08:05-08:30	SFPVC	Daily Food Prep
08:15-08:30	FE-1-15	Regeneration of БМП Absorption Cartridge Φ2 (terminate)
08:30-09:30		Pre-sleep
09:30-18:00		SLEEP

Note: See OSTP for references to US activities.

End of Radiogram