

Progress Unloading and IMS ops. Satellite Navigation Equipment [ACH-M] Test

GMT	CREW	ACTIVITY
06:00-06:10	CDR	Morning inspection
06:00-06:20	FE-1	Acoustic dosimeters: equipment setup (operation 1 of 5)
06:10-06:40	CDR	Post-sleep
06:20-06:50	FE-1	Post-sleep
06:40-07:30	CDR	BREAKFAST
06:50-07:40	FE-1	BREAKFAST
07:30-07:50	CDR	Work prep
07:40-07:50	FE-1	Work prep
07:50-08:05	.	Daily Planning Conference (<i>S-band</i>)
08:05-08:15	CDR	On MCC Go Soyuz Form 03 reading and downlink (<i>S-band</i>)
08:05-08:15	FE-1	Work prep
08:15-08:25	CDR	PAYLOAD SERVER (БСПН). Synchronization
08:15-08:45	FE-1	PFMI: specimen removal
08:25-10:35	CDR	Progress 356 transfers and IMS update
08:45-09:00	FE-1	BSTC -30 min. familiarization with experiment
09:00-09:05	FE-1	Connect DCP power cable
09:10-09:20	FE-1	PFMI/G-LIMIT- video tape removal and stowage
09:20-09:25	FE-1	HAM radio setup
09:25-09:30	FE-1	MSG - power down
09:35-09:45	FE-1	HAM radio session
09:45-10:35	FE-1	DOUG Software Review
10:35-11:25	CDR FE-1 (assistance)	Study of cardiovascular system under measured load. <i>Tagup with specialists (VHF) (To=10:58)</i>
11:25-12:55	CDR	Physical exercise (TVIS), Day 4
11:25-12:55	FE-1	Physical Exercise (CEVIS)
12:55-13:00	CDR	On MCC GO ISS O2 repress from Progress CpПK (start)
13:00-14:00	.	LUNCH
14:00-14:05	CDR	ISS O2 repress from Progress CpПK (terminate)
14:05-14:35	FE-1	InSPACE - 30-minute familiarization with experiment
14:05-14:45	CDR	ISS Repress Using Portable Repress Tank (БНП) and stow for disposal. <i>Tagup with specialists as necessary (S-band)</i>
14:35-14:45	FE-1	CWC audit
14:45-15:25	CDR	FGB fan ЦБ1 screen guards cleaning
14:45-15:45	FE-1	Setup for Robotics OBT
15:25-16:05	CDR	БД1 and БД2 air duct cleaning in DC-1
15:45-17:15	FE-1	MSS Robotics proficiency on-board training
16:05-16:35	CDR	COЖ maintenance
16:35-16:50	CDR	Taking readings from AOK ГАHK-4M gas analyzer

16:50-17:10	CDR	IMS update
17:10-18:10	CDR	Physical Exercise (VELO + Load Trainer/Cycle 1), day 4
17:15-18:15	FE-1	Physical Exercise (RED)
18:10-18:20	CDR	On MCC Go Soyuz Form 03 reading and downlink (<i>S-band</i>)
18:15-18:20	FE-1	O2 and CO2 monitoring
18:20-18:45	CDR	Evening work prep
18:20-18:25	FE-1	Transferring TVIS, RED, and HRM data to MEC
18:25-18:45	FE-1	Evening work prep
18:45-19:00	.	Daily Planning Conference (<i>S-band</i>)
19:00-19:30	.	Evening work prep
19:30-20:00	.	DINNER
20:00-20:30	.	Daily food prep
20:30-21:20	FE-1	Pre-sleep
20:30-21:30	CDR	Pre-sleep
21:20-21:30	FE-1	Acoustic dosimeters: pre-sleep equipment setup (operation 2 of 5)
21:30-06:00	.	SLEEP
Task List	CDR	Search for missing hardware

Note: Note: See OSTP for references to US activities.

End of Radiogram