

LBNP Exercise. CREW OFF DUTY

TIME	CREW	ACTIVITY
06:00-06:10	FE-1,FE-5	Morning Inspection
06:00-06:10	FE-4	Morning Inspection, Laptop RSS1,2, Reboot
06:00-06:10	FE-2	Morning Inspection, Laptop RS1(2) Reboot
06:00-06:05	FE-3	Reading REMINDER
06:00-06:05	CDR	Reaction Self Test
06:05-06:10	CDR	REMINDER-BP REG - Reading Reminder
06:05-06:10	FE-3	REMINDER - Reading Reminder
06:10-06:40	FE-1,FE-2, FE-4,FE-5	Post-sleep
06:10-06:25	FE-3	HRF - Sample collection operations and preparation for MELFI insertion
06:10-06:20	CDR	Morning Inspection
06:20-06:50	CDR	Post-sleep
06:25-06:30	FE-3	HRF - Sample MELFI Insertion
06:30-06:50	FE-3	HRF Urine Sample Collection
06:40-07:30	FE-2,FE-4, FE-5	BREAKFAST
06:40-07:30	FE-1	BREAKFAST. SM ПСС Test (<i>after breakfast</i>)
06:50-06:55	FE-3	HRF Urine Sample Insertion Into MELFI
06:50-07:40	CDR	BREAKFAST
06:55-07:05	FE-3	Morning Inspection
07:05-07:35	FE-3	Post-sleep
07:30-07:35	FE-5	PETRI - Turning Lights On
07:35-08:25	FE-3	BREAKFAST
08:10-08:25	FE-5	Private Medical Conference
08:45-10:15	FE-4 FE-2-assists	LBNP Exercise (CLOSEOUT). <i>Tagup with specialists</i>
08:45-09:45	CDR	T2 Exercise
09:45-10:00	CDR	Private Medical Conference
10:00-11:00	FE-5	T2 Exercise
10:00-11:30	FE-1	ARED Exercise
10:40-12:40	FE-4	Equipment Pre-pack for return in TK 711
11:05-11:25	FE-3	HRF Urine Sample Collection
11:25-11:30	FE-3	HRF - Sample MELFI Insertion
11:30-12:30	FE-1	БД-2 Exercise, Day 4
11:30-13:00	FE-3	ARED Exercise
12:00-13:00	CDR	Crew Departure Prep
12:30-12:45	FE-2	Private Family Conference (<i>Ku+S-band</i>)
13:00-14:00	.	LUNCH
14:00-15:00	FE-4	Sanitary & Epidemiological Status Monitoring
14:00-14:40	FE-1	COЖ Maintenance. SM and FGB SVO, Sanitary and Hygienic Equipment

		(СГО), СПКУ АСУ Counter, POTOK Air Purification System Data Calldowns)
14:10-14:25	CDR	Private Family Conference
14:20-14:30	FE-2	Sanitary & Epidemiological Status Monitoring
14:20-14:25	FE-3	VEG – Daily Plant Check
14:25-14:40	FE-3	VEG – Wick Opening
14:30-14:55	FE-2	SM and FGB Air Sampling using AK-1M Sampler
14:40-15:40	FE-5	Preparation for Return
14:40-14:50	FE-1	Sanitary & Epidemiological Status Monitoring
14:40-15:00	FE-3	HRF - Stow Urine Collection Equipment
14:55-15:05	FE-2	SM Air Sampling for CO using ИПД Samplers
15:00-15:40	FE-4	Microbial sample collection (Sample collection for the second kit)
15:05-15:20	FE-2	ИПД Air Sampling for Ammonia in SM
15:40-16:40	FE-4	БД-2 Exercise, Day 3
15:50-16:05	FE-5	Private Family Conference
16:05-17:35	FE-5	ARED Exercise
16:45-17:45	FE-2	VELO Exercise, Day 3
17:00-18:00	FE-3	T2 Exercise
17:45-19:15	FE-2	БД-2 Exercise, Day 3
18:00-19:30	CDR	ARED Exercise
18:35-18:40	FE-5	PETRI - Turning lights off
19:15-19:30	FE-1,FE-2, FE-4	Daily Planning Conference (<i>S-band</i>)
19:15-20:55	FE-3	Pre-sleep
19:25-19:30	FE-5	PETRI - Turning lights off
19:30-21:30	FE-1,FE-2, FE-4	Pre-sleep
19:30-21:30	FE-5	Pre-sleep
19:30-21:20	CDR	Pre-sleep
20:55-21:10	FE-3	Private Family Conference
21:10-21:25	FE-3	Pre-sleep
21:20-21:25	CDR	REMINDER-BP REG 2ND
21:25-21:30	CDR	Reaction Self Test
21:25-21:30	FE-3	Reading REMINDER
21:30-06:00	.	SLEEP
Task List	FE-1,FE-2, FE-4	Preparation of reports for Roscosmos site
		ECON-M. Observations and Photography
	FE-1,FE-2	Test Operation of MMC on ISS RS
		URAGAN Observations and Photography
	FE-1	SEINER Ocean Observations / r/g

Notes:

1. SM Window No. 9 shutter opening is at crew discretion w/ **Report to MCC**

2. Pre-sleep ops: daily food prep, dinner, pre-sleep
3. See OSTPV for references to US activities.
4. Russian crew uses US exercise equipment strictly per F24 or OSTPV

End of Radiogram