

Medical Evaluations (MO-6)

GMT	CREW	ACTIVITY / ODF or Radiogram
06:00-06:10		Morning Inspection
06:10-06:40		Post-Sleep
06:40-07:30		BREAKFAST
07:30-07:55		Work Prep
07:55-08:10		Daily Planning Conference (<i>S-band</i>)
08:10-08:40	CDRFE-1 - assist	MO-6. Arm Muscle System Assessment. To=08:20. Conference with experts (VHF)
08:40-08:55	CDR	БМП Ф1 Cartridge regeneration (terminate)
08:55-09:10		БМП Ф2 Cartridge regeneration (start)
09:45-10:15	FE-1CDR - assist	MO-6. Arm Muscle System Assessment. To=09:55. <i>Conference with experts (VHF)</i>
10:15-11:15	CDR	PHYSICAL EXERCISE: TVIS – DAY 2
11:15-11:45		PHYSICAL EXERCISE: RED
11:15-12:15	FE-1	PHYSICAL EXERCISE: TVIS
12:15-12:20		Weekly TVIS Maintenance
12:20-12:25		EXPRESS5 Rack Power Up
12:25-13:25		LUNCH
13:25-13:55	CDR	COЖ Maintenance (<i>БППК Separator Inspection</i>)
16:40-16:45	FE-1	ISS- 9 PL Status Check
16:45-18:15		PHYSICAL EXERCISE: RED
17:15-18:15	CDR	PHYSICAL EXERCISE (VELO+FL-1) – DAY 2
18:15-18:45		Review of Next Day's Plan
18:15-18:20	FE-1	EXPRESS3 Rack Power Up
18:20-18:45		Review of Next Day's Plan
18:45-19:15		Report Prep
19:15-19:45		DINNER
19:45-20:00		Daily Food Prep
20:00-20:15		Daily Planning Conference (<i>S-band</i>)
20:15-20:30		Daily Food Prep
20:30-21:30		Pre-Sleep
21:30-06:00		Sleep
Task List	CDR	БСПН Data Download Via ISS WIENER

Note: Cf. OSTP for missing references to US activities.

End of Radiogram