## LBNP Exercises. Soyuz 225 СУД Test.

GMT	es. Soyuz 225 СУД CREW	ACTIVITY
22 22 22 42	CDR,FE-4,	Marrier Income
06:00-06:10	FE-5	Morning Inspection
06:00-06:05	FE-1	Elektron-VM Aerosol Filter Inspection
06:00-06:10	FE-3	Morning Inspection
06:05-06:10	FE-1	Morning Inspection
06:10-06:20	CDR	Post-sleep
06:10-06:40	<b>FE-1</b> ,FE-5	Post-sleep
06:10-06:20	FE-3	MO-8. Setup
06:10-06:25	FE-4	Post-sleep
06:20-06:30	FE-3	Post-sleep
06:20-06:35	CDR	Body Mass Measurement
06:25-06:40	FE-4	Body Mass Measurement
06:30-06:45	FE-3	Body Mass Measurement
06:35-06:45	CDR	Post-sleep
06:40-07:30	<b>FE-1</b> ,FE-5	BREAKFAST
06:40-07:30	FE-4	BREAKFAST
06:45-06:55	FE-3	MO-8. Cleanup
06:45-07:30	CDR	BREAKFAST
06:55-07:30	FE-3	BREAKFAST
07:30-07:55		Daily Planning Conference (S-band)
07:55-08:55	CDR, <b>FE-3</b>	Soyuz 225 СУД Test Prior To Undocking
07:55-08:15	FE-1	Work Prep
07:55-08:10	FE-4	Work Prep
07:55-08:00	FE-5	JPM and LAB Window Shutter Closure
08:00-08:20	FE-5	Work Prep
08:10-08:25	FE-4	Private Medical Conference
08:25-08:55	FE-4	Crew Departure Prep
08:55-09:10		ISS Crew and ГОГУ (RSA Flight Control Team Management) Weekly Conference (S-band)
09:10-09:30	CDR, <b>FE-3</b>	Work Prep
09:10-10:10	FE-1	Physical Exercise (TVIS), day 4
09:10-09:30	FE-4	DECLIC High Temperature Insert (HTI) Removal
09:20-10:50	FE-5	Physical Exercise (ARED)
09:30-09:45	CDR	Food Frequency Questionnaire
09:30-10:15	FE-4	DECLIC Directional Solidification Insert (DSI) Installation
09:50-10:20	CDR, <b>FE-3</b>	ISS-MCC TV TV Event for Russia Today Television Network. (To= 09:56, T1,T2,T3 from CΠΠ)
10:10-10:40	FE-1	Hygiene Procedures
10:15-10:25	FE-4	DECLIC Hardware Photography 4
10:30-11:30	FE-4	Physical Exercise T 2
10:40-11:10	CDR, <b>FE-3</b>	Crew Departure Prep

10:40-10:55	FE-1	IMS Tagup (S-band)
10:50-11:10	FE-5	OGS Rack access prior to WDS installation and retrieval of adapter
11:10-11:30	CDR	ESA Weekly Crew Conference
11:10-12:05	FE-3, FE-1- assists	LBNP Exercise (PRELIMINARY). <b>To=11:37.</b> Tagup w/ specialists (VHF)
11:10-12:10	FE-5	Water Delivery System (WDS) Installation
11:30-13:00	CDR	Physical Exercise (ARED)
11:30-11:35	FE-4	Internal Sampling Adapter (ISA) Pressure Probe Swap
11:35-12:20	FE-4	PMA3 Leak Check
12:05-13:00	FE-1	ISTOCHNIK-M. Telemetry Reception and Recording System [СПР ТМИ] Test (Part 2). <i>Tagup with Specialists (S-band)</i>
12:05-12:35	FE-3	Crew Departure Prep
12:10-12:20	FE-5	OGS Closeout
12:20-13:00	FE-4	IMV Flow Measurement
12:50-13:00	FE-5	CERISE Clean Bench Microscope initialization 2
13:00-14:00	CDR, <b>FE-3</b> , FE-4,FE-5	LUNCH
13:00-13:15	FE-1	LUNCH
13:15-13:25	FE-1	Multifunction Indicator Panel (МПИ)Buttons Test. <i>Tagup with</i> specialists (VHF)
13:25-14:00	FE-1	LUNCH
14:00-17:10	CDR, <b>FE-3</b> , FE-4	Soyuz 225 Descent OBT. Tagup with specialists (S-band)
14:00-15:40	FE-1	ISTOCHNIK-M. Telemetry Reception and Recording System [СПР ТМИ] Test (Part 2)
14:05-14:20	FE-5	IMS Tagup (S-band)
14:20-14:30	FE-5	CERISE Measurement Experiment Unit A Detachment 3
14:30-14:45	FE-5	CERISE Measurement Experiment Unit A Detachment 4
14:45-15:20	FE-5	CERISE Sample Collection 2
15:20-15:35	FE-5	CERISE Temperature Recorder Removal 2
15:35-16:35	FE-5	CERISE Clean Bench Observation 2
15:40-16:20	FE-1	СОЖ Maintenance
16:20-17:20	FE-1	Physical Exercise (ARED)
16:35-16:45	FE-5	CERISE MELFI Insertion
16:55-17:55	FE-5	Physical Exercise (CEVIS)
17:10-18:10	CDR	Physical Exercise T 2
17:10-18:10	FE-3	Physical Exercise (TVIS), day 1
17:15-18:45	FE-4	Physical Exercise (ARED)
17:20-17:40	FE-1	IMS Update
18:00-18:20	FE-1	SM Ventilation System Preventive Maintenance. Group E (ΒΠxO, ΦC5, ΦC6, ΒΠpK screens)
18:00-18:10	FE-5	TVIS Weekly Maintenance
18:10-18:40	CDR	Crew Departure Prep
18:10-18:30	FE-5	CERISE Clean Bench (CB) Stow
18:10-18:40	FE-3	Hygiene Procedures

18:25-18:45	FE-1	Evening Work Prep
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18:30-18:40	FE-5	Treadmill 2 (T2) Monthly Inspection
18:40-18:45	FE-5	Transfer TVIS, CEVIS, and HRM data to MEC
18:45-19:10		Daily Planning Conference (S-band)
19:10-19:30		Evening Work Prep
19:30-19:35	CDR	MPC Power Up
19:30-21:30	<b>FE-1,FE-3</b> , FE-4,FE-5	Pre-sleep
19:35-21:25	CDR	Pre-sleep
21:25-21:30	CDR	MPC Power Down
21:30-06:00		SLEEP
Task List	FE-1	PLANTS. Payload Status Check

## Notes:

- SM Window #9 shutter opening is at crew discretion w/ Report to MCC
  See OSTP for references to US activities
  Pre-sleep: dinner, daily food prep, evening toilet
  End of Radiogram