SPECIAL TEST OF HIGH GAIN ANTENNA [OHA] TRACKING ROOT DRIVE. PNEUMOCARD EXPERIMENT.

GMT	CREW	ACTIVITY
06:00-06:10	CDR, FE-2,FE-	Morning Inspection
06:00-06:10	FE-1	Morning Inspection. SM ПСС [Caution & Warning Panel] Test.
06:00-06:05	FE-6	Reaction Self Test
06:00-06:05	FE-5	Urine Spot Test
06:05-06:10	FE-5	Reaction Self Test
06:05-06:10	FE-6	Morning Inspection
06:10-06:40		Post-sleep
06:40-07:15		BREAKFAST
07:15-07:40		Daily Planning Conference (S-band)
07:40-07:55		BREAKFAST
07:55-08:15		Work Prep
08:15-08:50	FE-6	Crew time for ISS adaptation and orientation
08:15-08:30	FE-4	Crew time for ISS adaptation and orientation
08:20-08:30	FE-2	PAO Hardware Setup
08:30-08:40	FE-1,FE-2, FE-4	Crew Prep for PAO
08:40-09:10	FE-1,FE-2, FE-4	ISS-MCC-M TV. TV PAO with the Head of Roskosmos and Russian Father Frost (S+Ku-band)
08:40-09:10	CDR,FE-5	ISS30 Crew Handover
09:10-11:25	CDR, FE-4 , FE-6,FE-5	ISS Emergency Egress Drill
09:10-10:25	FE-1	PNEUMOCARD Experiment Ops. Tagup with specialists (S-band)
09:40-10:10	FE-2	Inspection and photography of MRM2 ВЛ1, DC1 ВЛ2 windows, preparation
10:10-11:55	FE-2	Inspection and photography of MRM2 ВЛ1, DC1 ВЛ2 windows, preparation
10:25-10:55	FE-1	MOLNIYA-GAMMA Software Upgrade. Tagup with specialists (S-band)
10:55-11:55	FE-1	Physical Exercise (VELO), Day 3
11:25-11:55	CDR,FE-5	ISS30 Crew Handover
11:25-12:55	FE-6	Physical Exercise (ARED)
11:25-12:55	FE-4	Physical Exercise (TVIS), Day 3
11:55-12:55	CDR	Physical Exercise (CEVIS)
11:55-12:55	FE-2	Physical Exercise (VELO), Day 3
11:55-12:55	FE-1	Loading disposal hardware to Progress 413 and IMS updates
11:55-12:55	FE-5	Physical Exercise T 2
12:55-13:55		LUNCH
13:55-14:10	FE-4	Private Medical Conference (S+Ku-band)
13:55-14:05	CDR	PAO Hardware Setup
14:00-14:05	FE-5	PROK Diet Logging (Day 2-4)
14:00-14:30	FE-1	Video of ΠxO/Soyuz 232 air duct, via MRM2

14:00-14:35	FE-2	Preparation of window photo files for OCA downlink. Report to MCC. Tagup with specialists from SM (S-band)
14:05-14:15	CDR,FE-6,FE- 5	Crew Prep For PAO
14:10-14:35	FE-4	Crew time for ISS adaptation and orientation
14:15-14:35	CDR,FE-6,FE- 5	PAO Event
14:35-15:35		Emergency Roles and Responsibilities Review
15:35-15:55		Emergency Roles and Responsibilities Conference
15:55-16:20	FE-6	Crew time for ISS adaptation and orientation
15:55-17:25	FE-5	Physical Exercise (ARED)
15:55-16:40	FE-4	ODF Replacement
15:55-17:10	FE-2	Physical Exercise (TVIS), Day 3
15:55-16:10	FE-1	Private Medical Conference (S+Ku-band)
16:10-16:50	FE-1	СОЖ Maintenance
16:20-16:50	CDR,FE-6	Software Upgrade Procedure Review
16:40-17:00	FE-4	Crew time for ISS adaptation and orientation
16:50-17:10	CDR,FE-6	Software Upgrade Procedure Conference
16:55-18:25	FE-1	Physical Exercise (TVIS), Day 3
17:00-17:30	FE-4	MATRYOSHKA-R. Lulin-5 Hardware Transfer and Setup
17:10-17:25	FE-2	Private Medical Conference (S+Ku-band)
17:10-18:05	FE-6	Physical Exercise T 2
17:10-17:25	CDR	Journal entry
17:25-18:55	CDR	Physical Exercise (ARED)
17:25-17:30	FE-5	Space Headaches - Daily Questionnaire
17:25-18:55	FE-2	MATRYOSHKA-R. Lulin-5 hardware installation and monitoring
17:30-18:30	FE-4	Physical Exercise (VELO), Day 3
17:30-17:45	FE-5	Private Medical Conference
17:45-18:45	FE-5	Crew time for ISS adaptation and orientation
18:05-18:10	FE-6	Shutting down T2- software to transfer data
18:10-18:25	FE-6	First Journal Entry
18:25-18:45	FE-1	IMS Update
18:25-18:40	FE-6	Private Medical Conference
18:30-18:55	FE-4	Evening Work Prep
18:40-18:55	FE-6	Evening Work Prep
18:45-18:55	FE-1 ,FE-5	Evening Work Prep
18:55-19:20		Daily Planning Conference (S-band)
19:20-19:25	FE-6	Powering down T2-display
19:20-19:30	CDR, FE-1,FE- 2 , FE-4 ,FE-5	Evening Work Prep
19:25-21:25	FE-6	Pre-sleep
19:30-21:20	FE-1	Pre-sleep
19:30-21:25	FE-5	Pre-sleep
19:30-19:35	CDR	P/TV Playback Start

19:30-21:30	FE-2,FE-4	Pre-sleep
19:35-21:25	CDR	Pre-sleep
21:20-21:30	FE-1	URAGAN. FSS PL Battery Charge (start)
21:25-21:30	FE-6	Reaction Self Test
21:25-21:30	CDR	P/TV Playback End
21:25-21:30	FE-5	Reaction Self Test
21:30-06:00		SLEEP
Task List	FE-1,FE-2, FE-4	Preparation of reports for Roskosmos site

Notes:

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

End of Radiogram