## MEDICAL MONITORING. SETTING UP SM CP WORK STATION IN USOS

GMT	CREW	ACTIVITY
06:00-06:10	FE-1,FE-2	Manair a lasa satista
06:00-06:05	CDR	Morning Inspection
06:05-06:20	CDR	URAGAN. Observations and Photography
06:10-06:20	FE-1	MO-8. Setup
06:10-06:25	FE-2 CDR	Post-sleep
06:20-06:40		
06:20-06:35	FE-1	Body mass measurement
06:25-06:35	FE-2	Calf volume measurement
06:35-06:50		Body mass measurement
06:35-07:05	FE-1	Post-sleep
06:40-06:50	CDR	Calf volume measurement
06:50-07:05		Body mass measurement
06:50-07:05	FE-2	Post-sleep
07:05-07:15	CDR	MO-8. Closeout ops
07:05-07:55	FE-2	BREAKFAST
07:05-07:15	FE-1	Calf volume measurement
07:15-07:55		BREAKFAST
07:15-07:25	CDR	Post-sleep
07:25-08:15		BREAKFAST
07:55-08:05	FE-1	Prep for Work
07:55-08:10	FE-2	
08:05-08:20	FE-1	БМП Ф2 Absorption Cartridge Regeneration (start)
08:10-08:20	FE-2	Searching for cable needed to relocate forward link Ku-band receiver
08:15-08:20	CDR	Prep for Work
08:20-08:35		Daily Planning Conference (S-band)
08:35-09:10	FE-2	Start BSA Battery Charge
08:35-08:55		Prep for Work
08:55-10:25	CDR,FE-1	Setting Up SM Central Post Remote Work Station In The USOS – preparation. Tagup with specialists (as necessary S-band)
09:20-09:30	FE-2	ANITA: stop sample collection
09:20-09:45		Inspection to verify patch integrity and photo documentation of four shifted belt plates above the patch
09:45-11:15		Physical Exercise (RED)
10:30-11:20	CDR, FE-1	Study of cardiac bioelectric activity at rest. <b>(To= 10:52)</b> . Tagup with specialists (VHF)
11:15-12:15	FE-2	Physical Exercise (CEVIS)
11:20-12:50	CDR	Physical Exercise (TVIS), day 2
11:20-11:50	FE-1	PLANTS-2. Recharging water tank
12:10-13:10		Physical Exercise (VELO+RED), day 2
12:15-13:10	FE-2	ANITA - power down and stow system hardware
13:10-13:25		Tagup with ATV cargo transfer specialists (S-band)

13:25-14:25		LUNCH
14:25-16:55	FE-1	ATV Transfers
14:25-14:40	FE-2	JEM CGSE Gas Supply Start
14:25-14:30	CDR	ГФИ-1 [Geophysical Studies]. Start SONY DCR-TRV900E Battery Charge
14:30-15:10		Filling (separation) EDV [KOB] for Elektron (EDV lid 860 π.34 /bucket 420)
14:40-14:50	FE-2	Glove Box (MSG): activation
14:50-15:05		SHERE. Starting the Experiment
15:05-15:20		Shear History Extension Rheology Experiment CGBA Access before SHERE run
15:10-15:50	CDR	СОЖ Maintenance
15:20-15:45	FE-2	Install Fluid Module
15:50-16:10		Remove Fluid Module
15:50-17:10	CDR	ATV Transfers
16:10-16:25	FE-2	Shear History Extension Rheology Experiment CGBA Access between SHERE runs
16:25-16:50		Install Fluid Module
16:55-17:15		Remove Fluid Module
17:10-18:40	FE-1	Physical Exercise (TVIS), day 2
17:10-18:10	CDR	Physical Exercise (CEVIS + RED)
17:15-17:25	FE-2	Shear History Extension Rheology Experiment CGBA Access after a SHERE run
17:25-17:30		SHERE. Data Transfer
17:35-17:50		Evening Work Prep
17:50-18:05		SHERE. Experiment Closeout
18:05-18:30		Evening Work Prep
18:10-18:30	CDR	IMS Update
18:30-18:45	FE-2	VHF Comm Check Using US Ground Sites
18:30-18:35	CDR	ГФИ-1. Terminate SONY DCR-TRV900E Battery Charge
18:35-18:55		Evening Work Prep
18:40-18:45	FE-1	Transfer of TVIS, RED, and HRM data to MEC
18:45-18:55		Evening Work Prep
18:45-18:50	FE-2	MSG File Downlink
18:50-18:55		MSG Power Down
18:55-19:10		Daily Planning Conference (S-band)
19:10-19:30		Evening Work Prep
19:30-20:00		DINNER
20:00-20:30		Daily Food Prep
20:30-21:15	FE-1	Pre-sleep
20:30-21:30	CDR	
20:30-21:25	FE-2	
21:15-21:30	FE-1	БМП Ф2 Absorption Cartridge Regeneration (termination)
21:25-21:30	FE-2	Log entry reminder
21:30-06:00		SLEEP
Task List	FE-1	PLANTS-2. Payload Status Check

## Note:

- SM Window #9 shutter opening is at crew discretion with Report to MCC
  See OSTP for references to US activities.
  End of Radiogram