

ACH-M TEST (start). Crew Health Status (MO-1)

GMT	CREW	ACTIVITY
06:00-06:10	.	Morning inspection
06:10-06:40	.	Post-sleep
06:40-07:30	.	BREAKFAST
07:30-08:00	CDR	Work prep
07:30-07:45	FE-1	
07:45-07:50	FE-1	Set up for HAM radio session
07:50-08:00		HAM radio session
08:00-08:15	.	Daily planning conference (<i>S-band</i>)
08:15-08:35	FE-1	Renal Stone: diet logging
08:15-08:35	CDR	Renal Stone: urine collection
08:35-08:55	FE-1	
08:35-08:55	CDR	Renal Stone: diet logging
08:55-11:55	FE-1	Hardware prepack for return on the Shuttle
08:55-09:25	CDR	COX maintenance
09:25-11:20		Hardware prepack for return on the Shuttle
11:20-11:40		Renal Stone: urine collection
11:45-12:45		Physical Exercise (VELO+Load Trainer-1) Day 2
11:55-12:25	FE-1	Defibrillator checkout
12:25-12:45		Renal Stone: urine collection
12:45-13:45	.	LUNCH
13:45-14:45	CDR	Adaptation and station familiarization
13:45-14:25	FE-1	
14:25-14:45	FE-1	Renal Stone: urine collection
14:45-15:05	CDR	
14:45-15:05	FE-1	Crew time for adaptation and ISS familiarization
15:05-15:35	CDR, FE-1 (assists)	Study of cardiac bioelectric activity at rest. To=15:21. <i>Tagup (VHF)</i>
15:35-17:05	CDR	Physical Exercise (TVIS) Day 2
	FE-1	Physical exercise (RED)
17:05-18:05	CDR	Changeout of cartridge in SM dust filters ПФ1-4 (ФГБ1ПГО_3_307_1 white bag 351-4. Stow the removed units for disposal. Update the IMS.)
17:05-18:05	FE-1	Physical exercise (CEVIS)
18:05-18:10		Transfer TVIS, RED, and HRM data to MEC.
18:05-18:20	CDR	Renal Stone: urine collection
18:20-18:35	FE-1	
18:20-18:45	CDR	Daily plan review
18:35-18:45	FE-1	
18:45-19:00	.	Daily planning conference (<i>S-band</i>)
19:00-19:30	.	Report prep
19:30-20:00	.	Daily food prep

20:00-20:30	.	DINNER
20:30-21:30	.	Pre-sleep
21:30-06:00	.	SLEEP

Note: See OSTP for references to US activities.

End of Radiogram