

PROGRESS 406 TORU TEST

GMT	CREW	ACTIVITY
06:00-06:05	CDR	Elektron-VM Aerosol Filter Inspection
06:00-06:10	FE-3, FE-5, FE-6	Morning Inspection
06:00-06:20	FE-4 subject	HRF Urine Sample Collection
06:00-06:05	FE-2	REACTION Self Test
06:05-06:10	CDR, FE-2	Morning Inspection
06:10-06:40	CDR, FE-2, FE-3, FE-5, FE-6	Post-sleep
06:20-06:25	FE-4	PROK- PH Urine Test
06:25-06:30	FE-4	PRO K Photography
06:30-06:35	FE-4	HRF Urine Sample Insertion Into MELFI
06:35-06:40	FE-4	REACTION Self Test
06:40-07:00	FE-3	BREAKFAST
06:40-06:50	FE-4	Post-sleep
06:40-07:30	CDR, FE-2, FE-5, FE-6	BREAKFAST
06:50-07:00	FE-4	HRF Refrigerated Centrifuge Setup
07:00-07:15	FE-3 оператор	HRF Blood Sample Draw
07:00-07:20	FE-4 subject	HRF Blood Sample Draw
07:15-07:45	FE-3	BREAKFAST
07:20-07:30	FE-4	Post-sleep
07:30-07:40	FE-4	HRF Refrigerated Centrifuge Configuration
07:30-07:45	CDR, FE-2, FE-5, FE-6	Work Prep
07:40-07:45	FE-4	Post-sleep
07:45-08:10		Daily Planning Conference (<i>S-band</i>)
08:10-08:20	FE-6	MSG SAME Experiment Daily Startup, Step 1
08:10-08:15	FE-4	HRF Refrigerated Centrifuge Closeout Ops
08:15-08:20	FE-2	ERB2 Power Up
08:15-08:25	FE-4	HRF Blood Sample Insertion into MELFI
08:20-08:50	FE-6	SAME Sample Carousel Changeout
08:20-08:30	FE-2	Activation of VO2max Crew Portable Pulmonary Function System
08:25-09:30	FE-4	BREAKFAST
08:30-10:00	FE-2	VO2max Equipment Setup
09:00-10:30	CDR	Physical Exercise T 2
09:00-10:30	FE-6	Physical Exercise (ARED)
09:15-10:45	FE-3	Physical Exercise (VELO), Day 1
09:30-09:45	FE-4	FPEF Cable Disconnection
09:45-10:30	FE-4	Marangoni. Silicon Filter Cleaning

10:00-10:45	FE-2	VO2max Crew Experiment Protocol
10:30-12:00	FE-4	Physical Exercise (ARED)
10:30-11:30	FE-6	Physical Exercise T 2
10:30-12:00	FE-5	Physical Exercise (VELO)
10:45-11:00	FE-2	VO2max Crew Thermolab Conclude
11:40-11:45	FE-2	VO2max. Crew Portable Pulmonary Function System Data Downlink
11:45-12:30	FE-2	VO2max Crew Mixing Bag System Stow
12:00-13:00	FE-4	Physical Exercise T 2
12:00-13:00	FE-5	Physical Exercise (ARED)
12:10-12:30	FE-3	IMS Update
12:30-12:45	FE-2	MELFI 3 Dewar 1 Tray Insert
12:30-12:45	FE-3	Private Medical Conference (<i>Ku+S-band</i>)
12:30-13:00	FE-6	CMO Proficiency Training
12:45-13:00	CDR	Private Medical Conference (<i>Ku+S-band</i>)
13:00-14:00		LUNCH
14:00-15:15	FE-4	ARED Rope Replacement
14:00-15:00	CDR, FE-5	ISS-24/ISS-25 Crew Handover
14:00-15:30	FE-3	Stowing disposal hardware in Progress 406 and IMS updates
14:10-14:30	FE-2	VO2max CPPFS Conclude
14:20-14:25	FE-6	MSG/Smoke Aerosol Measurement Experiment Daily Shutdown
14:25-15:00	FE-6	ARED Rope Replacement
14:30-14:45	FE-2	Private Medical Conference
14:45-15:15	FE-2	WRS Water Sampling
15:00-15:40	FE-5	COX Maintenance
15:00-16:10	FE-6	ICV ECHO Setup
15:15-15:30	FE-2	ARED Flywheel Cylinder Evacuation
15:30-15:45	FE-2	VO2max. Stow Crew Portable Pulmonary Function System
15:30-16:10	CDR, FE-3	Space to Space TORU Test with Mated Progress 406 (<i>VHF</i>)
15:40-15:55	FE-4	HRF - Stow Blood Collection Hardware
15:50-16:50	FE-2	Physical Exercise T 2
15:55-16:15	FE-4	HRF - Stow Urine Collection Equipment
16:10-17:10	CDR	Physical Exercise (ARED)
16:10-17:05	FE-6	ICV Experiment
16:15-17:05	FE-4	ICV - Assistance During Experiment
16:50-17:50	FE-3	Physical Exercise T 2
16:50-18:20	FE-2	Physical Exercise (ARED)
17:05-17:10	FE-4	Video Camera Assembly 1 (VCA1) Adjustment
17:05-17:35	FE-6	FE-5 Exercise Video
17:10-17:15	FE-4	FSL DLT Removal
17:15-17:25	FE-4	FSL DLT Tape Recorder Replacement
17:20-17:50	FE-5	ISS-MCC-M TV. TV Greetings: <i>To= 17:21, T1, T2, T3 from СПП (VHF)</i>
17:35-18:10	FE-6	ICV Experiment

17:35-18:05	FE-4	ICV - Assistance During Experiment
17:50-18:45	CDR, FE-3, FE-5	ISS-24/ISS-25 Crew Handover
18:05-18:30	FE-4	Evening Work Prep
18:10-18:30	FE-6	ICV Hardware Stow
18:20-18:30	FE-2	T2 Snubber Arm Inspection
18:30-19:10	FE-6	Evening Work Prep
18:30-18:45	FE-4	Private Medical Conference
18:40-18:50	FE-2	COL1F4 Stow Replace
18:45-19:10	FE-4	Evening Work Prep
18:45-18:50	CDR	Elektron-VM Aerosol Filter Inspection
18:45-19:00	FE-5	Private Medical Conference (<i>Ku+S-band</i>)
18:45-19:00	FE-3	URISYS HW Prep
18:50-19:00	FE-2	Evening Work Prep
18:50-19:10	CDR	Evening Work Prep
19:00-19:10	FE-3, FE-5	Evening Work Prep
19:10-19:35		Daily Planning Conference (<i>S-band</i>). <i>Progress 406 Loading Status Report</i>
19:35-21:30	CDR, FE-3, FE-6	Pre-sleep
19:35-19:40	FE-2	MPC Power Up
19:35-21:20	FE-5	Pre-sleep
19:35-21:25	FE-4	Pre-sleep
19:40-21:20	FE-2	Pre-sleep
21:20-21:25	FE-2	REACTION Self Test
21:20-21:30	FE-5	SONOCARD Experiment Start
21:25-21:30	FE-4	REACTION Self Test
21:25-21:30	FE-2	MPC Power Down
21:30-06:00	.	SLEEP

Notes:

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