MRM2 MULTIFUNCTION INDICATOR PANEL (ΜΠΙΛ) REPLACEMENT. LBNP EXERCISES.

GMT	CREW	ACTIVITY
06:00-06:05	FE-5	Elektron-VM Aerosol Filter Inspection
06:00-06:10	CDR ,FE-2, FE-3 , FE-4,FE-6	Morning Inspection
06:05-06:10	FE-5	Morning Inspection
06:10-06:40		Post-sleep
06:40-07:30	CDR ,FE-2, FE-3 , FE-4,FE-6	BREAKFAST
06:40-07:25	FE-5	BREAKFAST
07:25-07:30	FE-5	TBU (Universal Bioengineering Thermostat). Temperature Check (Report temperature to MCC)
07:30-07:55		Daily Planning Conference (S-band)
07:55-08:00	FE-2	Biolab Nitrogen Valve Setting
07:55-08:15	FE-3 ,FE-4	Work Prep
07:55-08:10	CDR,FE-5	Work Prep
08:00-09:00	FE-2,FE-6	CHeCS RSR Rack Relocation
08:10-10:10	CDR	Soyuz 228 Return Hardware Stowage
08:10-08:25	FE-5	On MCC GO БΜΠ Φ1 Absorption Cartridge Regeneration (start)
08:15-08:35	FE-4	Facet Cell Reorientation
08:15-08:40	FE-3	MEMBRANE Prepare and start the experiment with Kit 1.(Activate Mode 2) Tagup with specialists (S-band)
08:25-09:20	FE-5	MATRYOSHKA-R. BUBBLE-Dosimeter Retrieval And Readout
08:40-09:05	FE-3	CASCADE Placing Icepacks in CRYOGEM-03 (-22 deg C)
08:50-11:20	FE-4	PMM Cable Installation
09:00-10:00	FE-6	Physical Exercise T 2
09:15-09:25	FE-2	Inserting Desiccant Packs into MELFI Dewars
09:15-10:10	FE-3	Crew Departure Prep
09:20-09:40	FE-5	MATRYOSHKA-R. Prepacking BUBBLE and Lulin-5 memory cards for return
09:30-10:30	FE-2	Crew Departure Prep
09:40-11:40	FE-5	MRM2 Multifunction Indicator Panel (МПИ) R&R. <i>Tagup with specialists (S-band)</i>
10:00-11:30	FE-6	Physical Exercise (ARED)
10:10-11:05	CDR, FE-3 - assists	LBNP training (PRELIMINARY) (VHF)
10:30-11:30	FE-2	Physical Exercise (CEVIS)
11:05-11:35	CDR	Crew Departure Prep
11:20-12:50	FE-4	Relocate the stowage from NOD2D5
11:30-13:00	FE-2	Physical Exercise (ARED)
11:30-11:40	FE-6	WRS Water Sample Analysis
11:40-11:45	FE-3	MEMBRANE Deactivate Heating Mode

11:40-11:50	FE-6	EHS GC/DMS Ops Start
11:40-11:45	FE-5	On MCC GO Activate Multifunction Indicator Panel (МПИ)
11:45-12:40	FE-3, FE-5 - assists	LBNP Training (PRELIMINARY) (VHF)
11:45-12:45	CDR	Soyuz 228 Return Hardware Stowage
11:50-12:00	FE-6	Glove Box (MSG) Activation
12:00-12:05	FE-6	MSG SAMS Cable Disconnect
12:50-13:00	CDR,FE-5	IDENTIFICATION. Сору ИМУ-Ц micro-accelerometer data to RSE-1 laptop
12:50-13:00	FE-4	FPEF Cable Connection
13:00-14:00		LUNCH
14:00-14:10	FE-6	TOCA 2 Data Recording
14:00-14:15	FE-4	JEM CGSE Gas Supply Start
14:00-15:00	FE-5	Auxiliary Laptop Anti-Virus Update
14:00-14:30	CDR	Crew Departure Prep
14:00-16:25	FE-2	US Sound Level Meter (SLM) Setup and Acoustic Survey
14:00-14:10	FE-3	IDENTIFICATION. Сору ИМУ-Ц Micro-Accelerometer Data 1 to Return HDD
14:10-14:20	FE-6	ALTEA Camcorder Setup
14:10-14:30	FE-3	IMS Update
14:15-15:45	FE-4	Relocate the stowage from NOD2D5
14:20-15:05	FE-6	ALTEA Hardware Removal
14:30-14:40	FE-3	IDENTIFICATION. Сору ИМУ-Ц Micro-Accelerometer Data 2 to Return HDD
14:30-17:20	CDR	PILOT-M. CDR runs the experiment using Neurolab. <i>Tagup with specialists</i> (S-band)
14:40-15:00	FE-3	MEMBRANE Removal of capsules from thermostatic container and stowage
15:00-15:20	FE-3	PILOT-M Experiment Assistance w/ Neurolab
15:00-15:40	FE-5	СОЖ Maintenance
15:05-15:15	FE-6	PMM Cable Installation
15:15-16:45	FE-6	ALTEA Setup
15:20-16:50	FE-3	Physical Exercise (TVIS), Day 4
16:20-17:50	FE-5	Physical Exercise (TVIS), Day 4
16:25-17:25	FE-4	Physical Exercise T 2
16:25-16:40	FE-2	SLM Data Transfer To MEC
16:40-17:00	FE-2	IMS and Stowage Location
16:45-16:55	FE-6	ALTEA Photos
16:50-18:40	FE-3	Stowing Disposal Hardware in Soyuz 228
17:00-17:05	FE-6	Terminate EHS GC/DMS Ops
17:05-17:35	FE-2,FE-6	MELFI to ISS Glacier Sample Transfer
17:20-18:50	CDR	Physical Exercise (TVIS), Day 3
17:25-18:55	FE-4	Physical Exercise (ARED)
17:35-19:05	FE-6	PFS Power Supply Installation
17:50-18:50	FE-5	Physical Exercise (VELO), Day 4
18:20-18:25	FE-2	T2 Guide Installation
18:25-18:35	FE-2	USOS Window Shutter Close

18:35-19:05	FE-2	Evening Work Prep
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18:40-18:50	FE-3	TVIS Weekly Maintenance
18:50-19:05	CDR,FE-3	Evening Work Prep
18:50-18:55	FE-5	Elektron-VM Aerosol Filter Inspection
18:55-19:05	FE-5	Evening Work Prep
19:05-19:30		Daily Planning Conference (S-band). Soyuz 228 Loading Status Report
19:30-21:30	CDR,FE- 4,FE-6	Pre-sleep
19:30-19:35	FE-2	MPC Power Up
19:30-21:15	FE-5	Pre-sleep
19:30-21:10	FE-3	Pre-sleep
19:35-21:25	FE-2	Pre-sleep
21:10-21:30	FE-3	MO-21 Prep. Ecosphere Battery Charge (start)
21:15-21:30	FE-5	БМП Ф1 Absorption Cartridge Regeneration (termination)
21:25-21:30	FE-2	MPC Power Down
21:30-06:00		SLEEP
Task List	FE-5	URAGAN Observations and Photography

Notes:

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