

LBNP Training

GMT	CREW	ACTIVITY
17:30-17:40		Morning inspection
17:40-18:10		Post-sleep
18:10-19:00		BREAKFAST
20:25-20:35	FE-1	Daily payload status check
20:40-21:20	FE-2	Toilet ACY: filter-insert changeout (Install filter-insert No.209007 CM1PO_1_137_1). Dispose of the old unit, No. 109006)
20:40-20:45	CDR	Inspection of БРПK separator
20:45-20:50		Air conditioner CKB1(2): fan inspection
20:50-21:30		COЖ maintenance
21:30-22:25	CDR, FE -2 assist	LBNP Training. T₀=21:54 Tagup with specialist (UHF)
21:50-22:50	FE-1	Physical exercise (CEVIS)
22:50-00:20	FE -1	Physical exercise (RED)
23:05-00:00	FE -2, CDR assist	LBNP Training. T₀=23:30 Tagup with specialist (UHF)
00:20-01:20		LUNCH
01:20-02:20		Prepare for crew departure
02:55-03:10	FE-1	Private medical conference (S-band)
03:25-03:30		EXPRESS Rack 4: power down
03:30-03:35		EXPRESS Rack 4: power up
03:35-03:40		EXPRESS Rack 4: RIC reboot
TBD	FE-2	Physical exercise (TVIS, day 4)
	CDR	Physical exercise (TVIS, day 4)
		DINNER
		Daily food prep
		Pre-sleep
07:30-16:00		SLEEP

Note:

See OSTP for references to US activities

Task List: CDR (10 min.): KROMKA 1

Task List: CDR, FE-2 (50 min.): PULSE

End of radiogram