

Rapid Descent OBT

GMT	CREW	ACTIVITY / ODF or r/g
06:00-06:10	.	Morning inspection
06:10-06:20	FE-1	MO-8. Hardware set-up
	CDR	Calf volume measurement
06:20-06:35	FE-1	Body mass measurement
06:20-06:25	CDR	PLASMA CRYSTALL Turbo pump IFM, day 3, part 1. Tagup with specialists
06:25-06:35		Post-sleep
06:35-06:50		Body mass measurement
06:35-06:45	FE-1	Calf volume measurement
06:45-07:15		Post-sleep
06:50-07:00	CDR	MO-8. Closeout ops
07:00-07:15		Post-sleep
07:15-08:05	.	BREAKFAST
08:05-08:35	CDR	Work prep
08:05-08:30	FE-1	
08:30-08:35		BIOPSY: Diet Log
08:35-08:50	.	Daily planning conference (<i>S-band</i>)
08:50-08:55	CDR	BIOPSY: Diet Log
08:55-10:10	FE-1	Express Rack 5 – laptop power up
		Ultrasound – setting up equipment for scanning Z
08:55-09:10	CDR	Disconnecting CAN channel from БСПН <i>Tagup with specialists</i> (S-band)
09:10-09:50		Environmental monitoring (sampling)
09:50-11:20		Physical exercises (TVIS+RED) day -1
10:10-11:10	FE-1	Physical exercise (CEVIS)
11:10-11:15		CEVIS monthly maintenance
11:15-11:30		Private medical conference (<i>S-band</i>)
11:30-11:50	CDR(subject) FE-1 (operator)	Advanced ultrasound – scanning Z
11:50-12:10	FE-1(subject.) CDR (operator)	
12:10-12:15	FE-1	Serial Network Flow Monitor LAN-1 Data Capture
12:10-12:40	CDR	COЖ maintanance (Inspection of БРПК separator)
12:15-12:30	FE-1	Ultrasound – equipment deactivation
12:30-13:30		LUNCH
12:40-13:40	CDR	
13:30-13:35	FE-1	BIOPSY: Diet Log
13:40-13:45	CDR	
13:45-13:55	FE-1	Set up for HAM radio session
		HAM radio session
13:55-14:00	CDR	PLASMA CRYSTALL Turbo pump IFM, day 3, part 2. Tagup with specialists (<i>S-band</i>)
14:00-14:15		Private medical conference (<i>S-band</i>)
	FE-1	Ultrasound - Close-out ops

14:15-17:15	.	Rapid Descent OBT <i>Tagup with specialists (S-band)</i>
17:15-18:45	FE-1	Physical Exercises (RED)
17:15-18:15	CDR	Physical Exercises (VELO+Force Loader/Cycle 1) day 1
18:15-18:20		BIOPSY: Diet Log
18:20-18:25		Hematocrit prep
18:25-18:45		IMS file prep
18:45-18:55		Daily plan review
18:45-18:50	FE-1	BIOPSY: Diet Log
18:50-18:55		EXPRES rack 5 – laptop power down
18:55-19:05		Daily plan review
	CDR	Report prep
19:05-19:20	.	Daily planning conference (<i>S-band</i>)
19:20-19:40	FE-1	Daily plan review
19:20-19:30	CDR	Report prep
19:30-20:00		DINNER
19:40-20:10	FE-1	Report prep
20:00-20:30	CDR	Daily food prep
20:10-20:40	FE-1	DINNER
20:30-21:30	CDR	Pre-sleep
20:40-21:10	FE-1	Daily food prep
21:10-21:30		Pre-sleep
21:30-06:00	.	SLEEP
Task List	CDR	URAGAN Observation and photo imagery / r/g 8567

Note: See OSTP for references to US activities.
End of Radiogram