

REFUELING FGB BBF (O) FROM PROGRESS 358 TANKS

GMT	CREW	ACTIVITY
12:00-12:10	FE-1, FE-2	Morning inspection
12:05-12:20	CDR	Nutrition: urine collection
12:10-12:35	FE-2	Post-sleep
12:10-12:40	FE-1	Post-sleep
12:20-12:25	CDR	Renal Stone: urine collection
12:25-12:35	CDR	Nutrition: urine sample insertion in MELFI
12:35-12:50	CDR	Nutrition: blood sample collection
12:35-12:50	FE-2	Nutrition: blood sample collection for analysis
12:40-13:30	FE-1	BREAKFAST
12:50-13:45	FE-2	BREAKFAST
12:50-13:10	CDR	Post-sleep
13:10-13:20	CDR	Nutrition: setting up and loading refrigerator centrifuge
13:20-13:30	CDR	Nutrition: refrigerator centrifuge config
13:30-14:00	FE-1	Prep for Work
13:30-13:45	CDR	Post-sleep
13:45-14:05	CDR	Nutrition: blood sample insertion in MELFI
13:45-14:05	FE-2	Prep for Work
14:05-14:20		Daily Planning Conference (<i>S-band</i>)
14:20-17:05	FE-2	Stow discarded hardware in Progress 358 (with IMS support)
14:20-15:15	CDR	BREAKFAST
14:20-15:20	FE-1	PLASMA-ISS. Equipment setup. <i>Tagup (S-band)</i>
15:15-15:30	CDR	Renal Stone: diet log
15:20-16:20	FE-1	Stow discarded hardware in Progress 358 (with IMS support)
15:30-15:45	CDR	Nutrition: urine collection
15:45-15:50	CDR	Renal Stone: urine collection
15:50-16:00	CDR	Nutrition: urine sample insertion in MELFI
16:00-16:25	CDR	Prep for Work
16:20-16:30	FE-1	PLASMA-ISS. Plasma Bridge 1 Experiment, Session 1 <i>Tagup (S-band)</i>
16:25-17:55	CDR	Physical Exercise (CEVIS)
16:30-17:30	FE-1	Physical Exercise (VELO+RED) day 3
17:05-17:20	FE-2	ALTEA. Stowage Prepack.
17:20-18:20	FE-2	Physical Exercise (RED)
17:30-17:45	FE-1	Taking readings from AOK ГАНК-4M gas analyzer
17:55-18:05	FE-1	PLASMA-ISS. Plasma Bridge 1 Experiment, session 2 <i>Tagup (S-band)</i>
17:55-18:10	CDR	Nutrition: urine collection
18:10-18:15	CDR	Renal Stone: urine collection
18:15-18:25	CDR	Nutrition: urine sample insertion in MELFI
18:15-18:20	FE-1	On MCC Go ISS O2 repress from Progress 358 CpПK (start)

18:20-19:20	FE-1, FE-2	LUNCH
18:25-19:25	CDR	LUNCH
19:20-19:25	FE-1	ISS O2 repress from Progress 358 CpПK (terminate)
19:20-19:50	FE-2	COЖ Maintenance
19:25-19:35	FE-1	PLASMA-ISS. Plasma Bridge 1 Experiment, session 3 <i>Tagup (S-band)</i>
19:25-19:30	CDR	ALTEA - dosimeter deactivation
19:30-19:35	CDR	ALTEA - dosimeter activation
19:35-19:50	CDR	ALTEA - video equipment set up
19:35-20:05	FE-1	PLASMA-ISS. Hardware teardown
19:50-20:45	CDR,FE-2	ALTEA - dosimeter setup for CNSM
20:05-22:55	FE-1	Stow discarded hardware in Progress 358 (with IMS support)
20:45-21:05	CDR,FE-2	ALTEA - hardware activation for CNSM
21:05-22:35	CDR	ALTEA - CNS functions test
21:05-21:20	FE-2	Private Medical Conference (<i>S + Ku-band</i>)
21:35-21:40	FE-2	ALTEA - CNSM check
21:40-22:00	FE-2	Nutrition: Cleaning Refrigerator Centrifuge and Equipment Stow
22:10-22:15	FE-2	ALTEA - CNSM check
22:15-22:35	FE-2	IMS update
22:35-22:45	FE-2	ALTEA - CNSM hardware deactivation
22:35-22:50	CDR	ALTEA - CNSM hardware deactivation
22:50-22:55	FE-2	Disconnect Display and Control Panel (DCP) power cable
22:50-22:55	CDR	ALTEA - CNSM data transfer
22:55-00:25	FE-2	Physical Exercise (CEVIS)
22:55-23:55	CDR	Physical Exercise (RED)
22:55-00:25	FE-1	Physical Exercise (TVIS), day 3
23:55-00:10	CDR	Private Medical Conference (<i>S + Ku-band</i>)
00:10-00:25	CDR	Nutrition: urine collection
00:25-00:30	FE-2	Transfer TVIS/RED/CEVIS/HRM data to MEC
00:25-00:30	CDR	Renal Stone: urine collection
00:25-00:30	FE-1	TVIS Weekly Maintenance
00:30-00:40	CDR	Nutrition: urine sample insertion in MELFI
00:30-00:45	FE-1	Private Medical Conference (<i>S + Ku-band</i>)
00:30-01:15	FE-2	Evening work prep
00:40-01:15	CDR	Evening work prep
00:45-01:15	FE-1	Evening work prep
01:15-01:30		Daily Planning Conference (<i>S-band</i>)
01:30-02:00		DINNER
02:00-02:30		Daily Food Prep
02:30-03:30		Pre-sleep
03:30-12:00		SLEEP
Task List	FE-1	TBY (Universal Bioengineering Thermostat). Temperature check
		URAGAN. Observations and photography

Note: See OSTP for references to US activities.

End of Radiogram