

PCE XMTR 1, 2 Carrier Tests

TIME	CREW	Activity
06:00-06:05	CDR	PROK. PH Urine Test
06:00-06:05	FE-5	Elektron-VM Aerosol Filter Inspection
06:00-06:05	FE-6	PROK. PH Urine Test
06:05-06:25	CDR , FE-6	HRF: Urine Sampling, subject
06:05-06:15	FE-5	Morning Inspection <i>Inspection of cnctr CM-Y on MHP-HC behind ACY Panel 139</i>
06:10-06:45	FE-5	Post-Sleep
06:25-06:30	FE-6	HRF: Urine Specimen Stow in MELFI
06:30-06:35	FE-6	PROK. Diet data log
06:30-06:40	CDR	HRF: Urine Specimen Stow in MELFI
06:35-06:45	FE-6	HRF: Refrigerator Centrifuge Setup
06:45-07:00	CDR	HRF: Blood Sampling Operator
06:45-07:05	FE-6	HRF: Blood Sampling Subject
06:45-07:40	FE-5	Breakfast
07:00-07:50	CDR	Breakfast
07:05-07:15	FE-6	Post-Sleep
07:15-07:25	FE-6	HRF: Centrifuge setup
07:25-07:30	FE-6	REACTION. Reaction Self-Exam
07:30-07:55	FE-6	Post-Sleep
07:40-08:10	FE-5	Work Prep
07:50-08:00	CDR	PPFS (Portable Pulmonary Function System) activation
07:55-08:00	FE-6	HRF: Centrifuge setup
08:00-08:10	FE-6	HRF: Specimen Stow in MELFI
08:10-08:25	.	Daily Planning Conference (S-band)
08:25-09:20	FE-6	Breakfast
08:25-09:05	FE-5	COX Maintenance
09:05-09:25	CDR	HRF: Urine Sampling Subject
09:05-09:45	FE-5	Video for BBC One's "Ask Rod Gilbert" and OCA downlink
09:20-09:45	FE-6	Work Prep
09:25-09:30	CDR	HRF: Urine Specimen Stow in MELFI
09:30-11:20	CDR	VO2 – protocol prep
09:55-10:15	CDR	HRF: Urine Sampling Subject
10:15-10:20	FE-6	HRF: Urine Specimen Stow in MELFI
10:15-11:15	FE-5	Physical Exercise - ARED
10:20-11:20	FE-6	Physical Exercise - T2
11:15-12:45	FE-5	Physical Exercise - TVIS, Day 2
11:20-12:05	CDR	VO2max – protocol recording
11:20-12:50	FE-6	Physical Exercise - ARED
12:05-12:15	CDR	VO2- thermolab data transfer to PPFS, deactivation and stowage
12:15-12:35	CDR	HRF. Urine Sampling Subject
12:35-12:40	CDR	HRF: Urine Specimen Stow in MELFI
12:45-13:00	FE-5	Stimul Suit Battery Charge

12:45-12:50	CDR	VO2max data downlink
12:50-13:50	CDR, FE-6	Lunch
13:00-14:00	FE-5	Lunch
13:50-14:20	FE-6	BCAT5. Procedure review
13:50-13:55	CDR	PROK. Diet log (Day 4)
13:55-14:40	CDR	VO2mx MBS stowage
14:00-17:00	FE-5	ACY Kit R&R
14:30-14:40	FE-6	BCAT5. Video Installation
14:40-15:10	CDR, FE-6	ULF5 Pre-Pack Tagup
15:10-17:10	FE-6	BCAT5: Equipment setup w/o EarthKAM
15:10-16:40	CDR	Physical Exercise - ARED
17:00-17:20	FE-5	IMS Update
17:10-18:00	FE-6	VO2max closout ops
17:20-18:20	FE-5	BKC Virus Database Update
17:30-18:30	CDR	Physical Exercise T2
18:00-18:15	FE-6	Vo2max stowage
18:20-18:25	FE-5	Elektron-VM Aerosol Filter Inspection
18:25-19:15	FE-5	Evening Work Prep
18:35-18:50	FE-6	CFE procedure review
18:50-19:15	FE-6	Evening Work Prep
18:50-19:10	CDR	HRF. Urine Sampling Subject
19:10-19:15	CDR	HRF: Urine Specimen Stow in MELFI
19:15-19:30	.	Daily Planning Conference (<i>S-band</i>)
19:30-21:30	CDR	Pre-Sleep
19:30-21:25	FE-5	Pre-Sleep
19:30-19:35	FE-6	MPC: Powerup
19:35-21:20	FE-6	Pre-Sleep
21:20-21:25	FE-6	REACTION. Reaction Self-Exam
21:25-21:30	FE-6	MPC:Power down
21:25-21:30	FE-5	TEN-MAYAK. Sputnik Hardware Activation in Relay Mode
21:30-06:00	.	Sleep
Task List	FE-5	URAGAN. Observation and Imagery

Notes:

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