

**NEUROCOG. Multiplex Bus Synchronization Unit (BCMM) check.**

GMT	CREW	ACTIVITY
06:00-06:10	.	Morning inspection
06:10-06:40	.	Post-sleep
06:40-07:30	.	BREAKFAST
07:30-07:45	CDR	BMPI $\Phi$ 1 filter cartridge regeneration (start)
07:30-08:00	FE-1	Work prep
07:45-08:10	CDR	Work prep
08:05-08:10	FE-1	LAB window leak check
08:10-08:25	.	DPC ( <i>S-band</i> )
08:25-08:30	FE-1	SSC OCA router reboot
08:30-09:10	CDR	NEUROCOG: Halley equipment prep <i>Tagup (S-band)</i>
08:35-09:00	FE-1	NEUROCOG: Halley equipment prep <i>Tagup (S-band)</i>
09:10-09:35	.	NEUROCOG: Experiment "Virtual rotation: free floating passages" <i>Tagup (S-band)</i>
09:35-10:00	CDR	NEUROCOG: Experiment "Virtual rotation: fixed position passages" <i>Tagup (S-band)</i>
09:35-10:25	FE-1	Crew time for adaptation and station familiarization
10:00-10:30	CDR	NEUROCOG: Closeout ops
10:25-10:50	FE-1	HRF-GASMAP. Powerup
10:30-11:00	CDR	Chief Medical Officer (CMO) skills development
10:50-11:00	FE-1	Setup video equipment for TVIS physical exercise imagery
11:00-12:30	FE-1	Physical exercise RED
11:00-12:30	CDR	Physical exercise (TVIS) – day 1
12:30-13:30	.	LUNCH
13:30-15:30	.	ISS Emergency Egress training
15:30-16:30	FE-1	Physical exercise (TVIS)
15:30-15:35	CDR	TVIS weekly maintenance
15:35-16:05	CDR	COЖ maintenance
16:05-16:20	CDR	PMC ( <i>S-band</i> )
16:20-17:20	CDR	Crew time for adaptation and station familiarization
16:30-16:35	FE-1	TVIS weekly maintenance
16:35-16:45	FE-1	TVIS physical exercise video equipment stow
16:45-16:55	FE-1	TVIS data transfer to MEC
16:55-17:10	FE-1	PMC( <i>S-band</i> )
17:10-17:40	FE-1	Chief Medical Officer (CMO) skills development

17:20-18:20	CDR	Physical exercise (VELO+ForceLoader-1) – day 1
17:40-18:00	FE-1	IMS Delta file prep
18:00-18:10	FE-1	HRF-GASMAP Powerdown
18:10-18:25	FE-1	Reboot of all PCs (weekly)
18:20-18:35	CDR	Questionnaire: journal entry
18:25-18:40	FE-1	Crew conference with science program manager ( <i>S-band</i> )
18:35-18:55	CDR	Daily plan review
18:40-18:55	FE-1	Daily plan review
18:55-19:10	.	DPC ( <i>S-band</i> )
19:10-19:20	CDR	Soyuz Form 03 record and transmit
19:10-19:30	FE-1	Report prep
19:20-19:30	CDR	Report prep
19:30-20:00	.	DINNER
20:00-20:30	.	Daily food prep
20:30-21:30	.	Pre-sleep
21:30-06:00	.	Sleep

**Note:** See OSTP for references to US activities

End of radiogram