

Simvol-L System Test. ACH-M Test. Thruster Inhibit

02:00-02:10		Morning inspection
02:10-02:40		Post-sleep
02:40-03:30		BREAKFAST
03:30-03:40		Prep for Work
03:40-03:55		Daily Planning Conference (<i>S-band</i>)
04:00-04:30	CDR	Defibrillator Checkout
04:00-06:00	FE-2	Micro In-Flight water collection for analysis and chemical archive- Water Sample Collection
04:30-04:40		NiRA temperature leveling.
04:40-05:10	CDR	ITCS samples.
05:15-05:20		ALTEA - CNSM data transfer check
04:20-04:30		RASTENIYA-2. Photography
04:50-05:05	FE-1	Regeneration of Micropurification Unit (БМП) Absorption Cartridge Φ2 (begin)
05:05-05:35	FE-1	Replacement of urine receptacle [МП] and filter-insert [Φ-B] in the toilet [ACY] (МП #1250151, delivered on Progress 356, Φ-B #504049, delivered on Progress 359 or Φ-B #504050, 504051)
05:20-06:20	CDR	Physical Exercise (RED)
05:35-06:50	FE-1	Simvol-L Tests
06:00-06:05		ALTEA PL Lockup Recovery
06:10-06:15	FE-2	ALTEA - deleting data from laptop for CNSM
06:15-06:45		
06:25-06:45	CDR-assistance	ALTEA - dosimeter setup for CNSM
06:45-07:00	FE-2, CDR-assistance	ALTEA - hardware activation for CNSM
06:50-07:30	FE-1	
07:00-07:20	CDR-assistance	Maintenance closures of Vozdukh [ABK] valves in the spare part kit
07:00-08:30	FE-2	ALTEA - crew member Central Nervous System functions test
07:30-07:35	CDR-assistance	ALTEA - test of Central Nervous System monitoring -
07:30-09:00	FE-1	Physical Exercise (TVIS), day 3
07:35-08:00		Maintenance of Compound Specific Analyzer- Combustion Products (CSA-CP)
08:00-08:05	CDR	ALTEA - test of Central Nervous System monitoring -
08:05-08:20		ALTEA - Historical Photos of CNSM Hardware
08:20-08:30		PAO hardware setup/prep
08:30-08:40	CDR-assistance	ALTEA - CNSM hardware deactivation
08:30-08:45	FE-2	
08:45-09:00	CDR	Private family conference (<i>S-band</i>)

08:45-08:50	FE-2	ALTEA - CNSM Data copy
08:50-09:05		ALTEA - hardware transfer
09:00-09:05	CDR	Deactivation of CSA-CP data log
09:00-09:25	FE-1, FE-2	TV greetings to Young Cosmonauts Club in Rostov-on-Don TV greetings to the participants of Space Odyssey theme group (To=09:00, T1, T2, T3 - from CПП)
09:25-10:25	FE-2	LUNCH
09:25-09:30	FE-1	On MCC Go ISS O2 repress from Progress 358 CpПK (start)
09:30-10:30		LUNCH
10:05-10:55	CDR	Micro In-Flight water collection for analysis and chemical archive- Water Microbiology Kit
10:30-10:35	FE-1	ISS O2 repress from Progress 358 CpПK (terminate)
10:35-10:55	FE-2	TRAC - hardware setup
10:40-11:20	FE-1	Filling EDV [KOB] (separation) for Elektron
10:55-11:05	FE-2	TRAC - video equipment set up
10:55-11:45	CDR	Micro In-Flight water collection for analysis and chemical archive- Water Microbiology Kit (water collection device)
11:05-11:40	FE-2	TRAC - data
11:20-11:50	FE-1	COЖ Maintenance
11:50-12:00		Crew prep for PAO
12:00-12:20		PAO dedicated to the 50th Anniversary of Space Age event in Paris (S + Ku-band)
12:20-12:55	CDR	Evening work prep
12:20-12:45	FE-2	Evening work prep
12:20-12:55	FE-1	TRAC - data
12:45-13:45	FE-2	Physical Exercise (RED)
12:55-13:30	CDR	TRAC - data
12:55-13:15	FE-1	IMS Update
13:15-14:15		Physical Exercise (VELO+RED) day 3
13:30-13:45	CDR	TRAC - equipment stow
13:45-15:15		Physical Exercise (CEVIS)
13:45-15:15	FE-2	Physical Exercise (TVIS)
14:15-15:15	FE-1	Evening work prep
15:15-15:30		Daily planning conference (S-band).
15:30-15:35	CDR	Transfer TVIS/RED/CEVIS/HRM data to MEC
15:30-16:00	FE-1,FE-2	DINNER
15:35-16:00	CDR	DINNER
16:00-16:30		Daily food prep
16:30-17:30	FE-2	Pre-sleep
16:30-16:35	CDR	HAM radio setup
16:30-17:15	FE-1	Pre-sleep
16:35-16:45	CDR	HAM radio session
16:45-17:30		Pre-sleep

17:15-17:30	FE-1	Regeneration of БМП Absorption Cartridge Φ2 (terminate)
17:30-03:00		SLEEP
Task List	FE-1	ТБУ (Universal Bioengineering Thermostat). Temperature check / r/g 4552
		URAGAN. Observations and photography

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

End of Radiogram