Radiogram No. 6828u СУБА [Command and Data Handling System] R&R

GMT	CREW	ACTIVITY
06:00-06:10		Morning Inspection
06:10-06:20	FE-1	MO-8. Set-up
06:10-06:20	CDR	Calf volume measurement
06:10-06:30	FE-2	Post-sleep
06:20-06:35	CDR	Body mass measurement
06:20-06:30	FE-1 FE-2	Calf volume measurement
06:30-06:40		
06:30-06:55	FE-1	Post-sleep
06:35-07:05	CDR	
06:40-06:55	FE-2	Body mass measurement
06:55-07:10	FE-1	
06:55-07:05	FE-2	Post-sleep
07:05-07:55	CDR, FE-2	BREAKFAST
07:10-07:20		MO-8. Close-out ops
07:20-07:55	FE-1	BREAKFAST
07:55-08:10		Daily Planning Conference (S-band)
08:10-09:20	FE-2	Stowing hardware in NOD1/D2
08:10-08:20	FE-1	BREAKFAST
08:10-08:20	CDD	MSG – activation
08:20-10:20	CDR	CDRA R&R
08:20-08:50	İ	Prep for Work
08:50-09:10	FE-1	Checking access to CRYOGEM-03 refrigerator vents, photography
09:15-09:30		IMS tagup (S-band)
09:20-10:20	FE-2	CDRA R&R
09:30-10:20	FE-1	MATRYOSHKA-R. BUBBLE-dosimeter initialization and deployment for exposure. <i>Tagup with specialists (S-band)</i>
10:20-10:50	FE-2	CDRA Installation
10:20-12:20	CDR	CDRA Installation
10:20-12:20	FE-1	Inspection of Working Compartment (PO) shell and ring behind panels 130, 134, 135, 138, 139 and TVIS
10:50-11:50	FE-2	Physical Exercise (CEVIS)
11:50-12:20		CDRA Installation
12:20-12:35		ISS Crew and ГОГУ (RSA Flight Control Team) Weekly Conference (S-band)
12:35-12:40	FE-1	On MCC Go ISS O2 repress from Progress 362 CpΠK (start)
12:40-13:40		LUNCH
13:40-13:45	FE-1	ISS O2 repress from Progress 362 CpΠK (terminate)
13:45-14:05		Weekly crew conference with the ISS Program Management (S-band)
14:05-15:35	FE-1, FE-2	Removal of old and installation of new light guards on light fixtures in DC1. Tagup with specialists (as necessary) (S-band)
14:05-15:05	CDR	InSPACE2 – hardware set up, part 2
15:10-16:40		Physical Exercise (RED)
15:35-16:05	FE-1	СОЖ Maintenance

15:45-16:15	FE-2	Caution and Warning book revision
16:05-17:35	FE-1	Physical Exercise (TVIS), day 2
16:15-16:30	FE-2	O2 level check
16:35-18:05		Physical Exercise (RED)
16:40-17:00	CDR	Set up urine collection equipment
17:00-17:10		Setup blood collection equipment /
17:20-17:25		Elite-S2 – IMU power activation
17:25-18:25		Physical Exercise (CEVIS)
17:35-18:35	FE-1	Physical Exercise (VELO + RED), day 2
18:05-18:20	FE-2	Food frequency questionnaire
18:20-18:25		BCAT-3 - camera checkout
18:25-18:30	CDR	Elite-S2 – IMU power deactivation
18:30-18:35		Transfer TVIS/RED/CEVIS/HRM data to MEC
18:35-18:50		Daily Planning Conference (S-band)
18:50-19:10	FE-1	IMS update
18:50-19:10	CDR, FE-2	Evening work prep
19:10-19:30		Flight Director / ISS Crew Tagup (Ku + S-band)
19:30-20:00		DINNER
20:00-20:30		Daily food prep
20:30-21:30		Pre-sleep
21:30-06:00		SLEEP

- Note:
 1. See OSTP for references to US activities.
 2. SM Window #9 shutter opening is at crew discretion End of Radiogram