## **ACTIVITIES**

GMT	CREW	ACTIVITY
06:00-06:10	CDR, FE-1, FE-2, FE-3, FE-4	Morning Inspection
06:00-06:30	FE-5	SOLO Blood Sample Collection
06:10-06:40	<b>CDR</b> , FE-2, <b>FE-3</b> , FE-4	Post-sleep
06:10-06:30	FE-1	SOLO Setup and Configure
06:30-06:40	FE-5	Morning Inspection
06:30-06:50	FE-1	Post-sleep
06:40-07:30	<b>CDR</b> , FE-2, <b>FE-3</b> , FE-4	BREAKFAST
06:40-06:50	FE-5	Post-sleep
06:50-07:30	FE-5	SOLO PCBA Blood Sample
06:50-07:05	FE-1	BREAKFAST
07:05-07:25	FE-1	SOLO MELFI Blood Sample Insertion
07:25-07:50	FE-1	BREAKFAST
07:30-07:50	FE-5	Post-sleep
07:30-07:50	<b>CDR</b> , FE-2, <b>FE-3</b> , FE-4	Work Prep
07:50-08:15		Daily Planning Conference (S-band)
08:15-09:45	FE-4	Physical Exercise (ARED)
08:15-09:00	FE-5	BREAKFAST
08:15-08:25	CDR	Deactivation of DM Cooler/Dryer Assembly XCA B1 Fan and Activation of DM XCA B2 Fan in Soyuz 224
08:15-08:25	FE-2	Forest Samples MELFI Insertion
08:15-08:25	FE-3	PLANTS-2. Data downlink
08:25-09:00	FE-2	SEED Dehumidifier Exchange
08:30-08:40	FE-1	HRF2 Gas Delivery System (GDS) Historical Documentation Photography
08:35-08:45	FE-3	PLANTS-2. Photography
08:40-09:40	FE-1	Crew Departure Prep
08:50-09:45	CDR, FE-3 (assists)	LBNP Exercise (PRELIMINARY). <i>To=09:12</i> Tagup w/ specialists (VHF)
09:00-09:30	FE-5	SOLO Urine Collection
09:20-09:25	FE-2	Payload Status Check
09:25-10:15	FE-2	RWS A31P Load
09:30-09:40	FE-5	CLSW Configuration File Loading
09:40-10:10	FE-1	BIORHYTHM Preparation and Recording 1
09:40-10:55	FE-5	CLSW Configuration
09:45-10:05	FE-4	SDTO TVIS Harness Configuration
09:45-11:30	FE-3	Setting Up Work Areas for VC-17

09:45-11:00	CDR	
10:05-10:15	FE-4	SDTO TVIS Harness Setup
10:10-10:20	FE-1	EHS Sampling Start
10:15-11:15	FE-4	Physical Exercise (TVIS)
10:15-10:45	FE-2	Remove Bumpout in preparation for TVIS2 work
10:45-12:15	FE-2	Physical Exercise (ARED)
10:55-11:15	FE-1	Cargo Stowage in Node 2
10:55-12:10	FE-5	Video Tape Recorder (VTR) Install
11:00-12:00	CDR	Set up Telemetry Reception and Recording System [СПР ТМИ]
11:15-12:15	FE-1	Physical Exercise (TVIS)
11:15-11:25	FE-4	TVIS Harness Data Downlink
11:25-11:35	FE-4	TVIS Inspection
11:35-12:40	FE-4	USOS Hatch Seal Inspection
12:00-12:15	CDR, FE-3	Setting Up Work Areas for VC-17. Tagup with specialists (S-band)
12:10-12:20	FE-5	EPM Exchangeable Standard Electronic Module (ESEM) power outlet switch off
12:15-12:45	CDR,FE-1	Sokol Suit Leak Check in Soyuz 224
12:15-13:15	FE-3	Physical Exercise (ARED)
12:15-13:15	FE-2	Physical Exercise (TVIS)
12:30-12:40	FE-5	CLSW Configuration File Loading
12:40-12:50	FE-5	PWS2 Deactivation and Stow
12:45-13:00	CDR, FE-1	Drying 2 Sokol Suits in Soyuz 224
12:50-12:55	FE-5	C12 Stowage
12:55-13:15	FE-5	ESA Weekly Crew Conference (S-band)
13:10-13:15	FE-1	EHS Sampling Termination
13:15-14:15		LUNCH
14:15-15:25	CDR	Measure Levels of TLM СРП Signal Spectrum
14:15-16:20	FE-1	TVIS2 Treadmill Installation
14:15-18:35	FE-2, FE-4	TVIS2 Treadmill Installation
14:15-14:45	FE-3	PLANTS-2 Recharging Water Tank
14:35-14:50	FE-5	WRS Equipment Access
14:45-15:25	FE-3	СОЖ Maintenance
14:50-15:20	FE-5	WRS Recycle Filter Tank Assembly (RFTA) Quick Disconnect Hose Configuration
15:20-15:50	FE-5	WRS Closeout Ops
15:30-15:40	CDR	Terminate Sokol suit drying, start glove drying in Soyuz 224
15:45-16:05	FE-3	MATRYOSHKA-R. Monitoring Lulin-5 readings
15:50-17:20	FE-5	Physical Exercise (ARED)
16:05-16:15	FE-3	PLANTS-2. Data downlink
16:10-16:20	CDR	Terminate drying the first pair of gloves and start drying the second pair in Soyuz 224
16:15-17:15	FE-3	Physical Exercise (TVIS), day 3
16:20-16:50	FE-1	WHC Manual Fill Initiate

16:50-17:05	FE-1	WHC Clearing Red Pretreat Bad Qual Light on the ACY Control Panel
16:50-17:05	CDR	Soyuz 224 Sokol suit closeout ops, stowing suits in Soyuz Orbital Module
17:15-18:15	CDR	Physical Exercise (TVIS), day 4
17:15-17:45	FE-3	Post-Exercise Hygiene Procedure
17:30-18:30	FE-5	Physical Exercise (CEVIS)
17:30-19:00	FE-1	Physical Exercise (ARED)
17:45-18:15	FE-3	INTERACTION Experiment Ops (FE- 3)
18:15-18:45	CDR	Post-Exercise Hygiene Procedure
18:15-18:35	FE-3	IMS Update
18:30-18:35	FE-5	SOLO Daily Diet Monitoring
18:35-19:05	FE-2, <b>FE-3</b> , FE-4, FE-5	Work Prep
18:45-19:05	CDR	Work Prep
19:00-19:05	FE-1	Transfer TVIS, CEVIS, and HRM data to MEC
19:05-19:30		Daily Planning Conference (S-band)
19:30-21:30	<b>CDR</b> , FE-1, FE-2, <b>FE-3</b> , FE-5	Pre-sleep
19:30-19:35	FE-4	MPC Power Up
19:35-21:25	FE-4	Pre-sleep
21:25-21:30	FE-4	MPC Power Down
21:30-06:00		SLEEP
Task List	CDR, FE-3	URAGAN. Observations and Photography

## Notes:

- SM Window #9 shutter opening is at crew discretion w/ Report to MCC
  See OSTP for references to US activities
  Pre-sleep: dinner, daily food prep, evening toilet

End of Radiogram