

CREW HEALTH STATUS

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
06:10-06:25	FE-2	Post-sleep
06:20-06:40	FE-1	Post-sleep
06:20-06:35	CDR	Body mass measurement
06:25-06:35	FE-2	Calf volume measurement
06:35-07:05	CDR	Post-sleep
06:35-06:50	FE-2	Body mass measurement
06:40-06:50	FE-1	Calf volume measurement
06:50-07:05	FE-1	Body mass measurement
06:50-07:05	FE-2	Post-sleep
07:05-07:55	CDR, FE-2	BREAKFAST
07:05-07:15	FE-1	MO-8. Close-out ops
07:15-07:25	FE-1	Post-sleep
07:25-08:15	FE-1	BREAKFAST
08:50-09:20	CDR	Bracelet Questionnaire
09:05-09:20	FE-1	Connecting BBH [Fan/Heater Assembly] and routing airduct to Soyuz 220 DM
09:05-09:20	FE-2	RED inspection and access evaluation
09:20-10:20	FE-2	Physical Exercise (RED)
09:20-10:50	CDR	Physical Exercise (TVIS) day 3
09:20-09:50	FE-1	Bracelet Questionnaire
10:20-11:20	FE-1	Physical Exercise (VELO+RED) day 3
11:20-11:45	CDR, FE-1	TV Greeting to Winners of the National Sport Award 'Slava' (To=11:18, T1, T2, T3 - Automated Daily Timeline)
11:45-12:15		Weekly Planning Conference (S-band)
12:15-13:15		LUNCH
13:15-13:45	CDR	COЖ Maintenance
14:00-14:20		ISS Crew / Kent Rominger tagup (Astronaut Office) (S-band)
14:40-16:10	FE-2	Physical Exercise (TVIS)
15:10-15:25	FE-1	Private Medical Conference (Ku + S-band)
16:10-16:15	FE-2	TVIS Weekly Maintenance
16:15-17:15	CDR	Physical Exercise (VELO+RED) day 3
16:45-18:15	FE-1	Physical Exercise (TVIS) day 3
16:45-17:00	FE-2	Private Medical Conference (S-band)
18:15-18:20	FE-2	Transfer TVIS/RED/CEVIS/HRM data to MEC
18:15-18:20	FE-1	Hematocrit, Equipment setup
18:15-18:30	CDR	Private Medical Conference (Ku + S-band)

18:20-18:35	FE-1,FE-2	Evening work prep
18:30-18:35	CDR	Report prep
18:35-18:50		Daily Planning Conference (<i>S-band</i>)
18:50-19:30		Evening work 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