

**CMOK R&R in COTP. Progress 418 CD tank preparation**

TIME	CREW	ACTIVITY
06:00-06:10	CDR	Morning inspection
06:00-06:10	FE-1	Morning inspection. Laptop RS2(1) reboot
06:00-06:10	FE-2	Morning inspection. RSS2 reboot
06:00-06:10	FE-4	Morning inspection SM ПСС (Caution & Warning Panel) Test CM-Y connection inspection at MHP-HC behind ACY panel 139
06:00-06:05	FE-5	Review urine collection reminder messages
06:00-06:05	FE-6	Urine drop test
06:05-06:10	FE-5	Urine drop test
06:05-06:25	FE-6	HRF – urine samples collection, tester
06:10-06:40	CDR, FE-1, FE-2, FE-4	Post-sleep
06:10-06:30	FE-5	HRF. Urine sampling
06:25-06:35	FE-6	HRF – install urine samples into MELFI
06:30-06:35	FE-5	HRF – install urine samples into MELFI
06:35-06:45	FE-6	Morning inspection
06:35-07:05	FE-5	HRF. Blood sample ops
06:40-06:50	CDR	Breakfast
06:40-07:30	FE-1, FE-2, FE-4	Breakfast
06:45-07:00	FE-6	Blood sampling – assistance
06:50-07:00	CDR	Blood sampling – subject
07:00-07:30	CDR	Breakfast
07:00-07:30	FE-6	Post-sleep
07:05-07:15	FE-5	Morning inspection
07:15-07:25	FE-5	HRF. Cooling centrifuge re-configuration
07:30-07:55	.	DPC ( <i>S-band</i> )
07:55-08:15	CDR	Work prep
07:55-08:00	FE-5	Retrieve test tubes with blood samples and deactivate the centrifuge
07:55-08:15	FE-2	Work prep
07:55-10:15	FE-1	Replace the set of KP1-CK1 interchangeable condensate transfer lines. <i>Conference w/spec. (S-band)</i>
07:55-08:15	FE-4	Work prep
07:55-08:25	FE-6	Acoustic dosimeter setup
08:00-08:10	FE-5	Install blood samples into MELFI
08:15-09:30	FE-4	Lower limb vein examination
08:15-08:25	FE-5	PROK – take pictures of the sheet with PH and food log files
08:15-10:15	FE-2	Progress 418 unstow with IMS updates
08:15-08:30	CDR	EHS – AQM ops start
08:25-09:30	FE-6	Breakfast

08:25-08:55	FE-5	Post-sleep
08:30-08:40	CDR	MSG – hardware inspection
08:40-08:50	CDR	Retrieve CIR rack guides
08:50-10:20	CDR	ARED exercise
08:55-09:45	FE-5	Breakfast
09:30-10:15	<b>FE-4</b>	ISS life photography and video-shooting
09:30-09:50	FE-6	Work prep
09:45-10:10	FE-5	Work prep
09:50-10:10	FE-6	HRF – urine samples collection, tester
10:10-10:20	FE-5	MERLIN – Moisture Absorber Set 2 R&R
10:10-10:15	FE-6	HRF – install urine samples into MELFI
10:15-10:55	<b>FE-4</b>	COX maintenance
10:20-10:25	CDR	Set up the camcorder to shoot TVIS 2 exercise
10:20-10:30	FE-5	BCATC1 – interval meter R&R
10:20-11:50	<b>FE-2</b>	ARED exercise
10:20-11:10	<b>FE-1</b>	MATRYOSHKA-R. BUBBLE dosimeter detector setup and measurements. <i>Conference w/spec. (S-band)</i>
10:25-11:25	CDR	T2 exercise
10:30-10:45	FE-5	BLB – drive R&R
10:35-11:35	FE-6	CEVIS exercise
10:55-11:55	<b>FE-4</b>	VELO-1 exercise
11:00-11:25	FE-5	Radi-N dosimeter transmission
11:10-11:15	<b>FE-1</b>	MATRYOSHKA-R. BUBBLE dosimeter detector USOS transmission. <i>Conference w/spec. (S-band)</i>
11:15-12:00	<b>FE-1</b>	MATRYOSHKA-R. BUBBLE dosimeter detector setup and measurements. <i>Conference w/spec. (S-band)</i>
11:25-12:40	FE-5	PMM – CWC-I install
11:30-12:45	CDR	INSP3-- equipment and camcorder activation
11:35-11:55	FE-6	HRF – urine samples collection, tester
11:55-12:55	<b>FE-2, FE-4</b>	Take stock of wet towels from the lower storage
11:55-12:00	FE-6	Install urine samples into MELFI
12:00-12:05	<b>FE-1</b>	Photo/TV camcorder configuration c/o
12:00-13:30	FE-6	ARED exercise
12:05-13:00	<b>FE-1</b>	T2 fitness evaluation
12:40-13:40	FE-5	CEVIS exercise
12:45-12:50	CDR	Set up the camcorder to shoot ROBOT exercise
12:50-13:30	CDR	Start of ROBO ops training
12:55-13:00	<b>FE-2</b>	<b>On GO from MCC</b> repress ISS with O <sub>2</sub> from Progress 418 CPК (start)
13:00-14:00	<b>FE-1, FE-2, FE-4</b>	Midday meal
13:00-14:00		Midday meal
13:00-14:00		Midday meal
13:30-13:35	CDR	EHS – AQM ops end

13:30-14:30	FE-6	Midday meal
13:35-14:35	CDR	Midday meal
13:40-14:40	FE-5	Midday meal
14:00-14:05	<b>FE-2</b>	Repress ISS with O <sub>2</sub> from Progress 418 CPГK (end)
14:00-16:20	<b>FE-1</b>	Replace the set of CK1 – ФГC CPB-K2M interchangeable condensate transfer lines. <i>Conference w/spec. (S-band)</i>
14:05-16:05	<b>FE-2</b>	Medical bag stock taking
14:30-14:35	FE-6	PROK diet survey
14:35-15:05	<b>FE-4</b>	SEYNER. Ocean study
14:35-16:05	FE-6, CDR	OBT – Dragon rendezvous and docking procedure review
14:40-14:50	FE-5	MERLIN – moisture absorber removal
14:50-15:05	FE-5	RGN – water drain into EДB started
15:05-15:25	FE-5	HRF. Urine sampling
15:05-16:35	<b>FE-4</b>	Progress 418 unstow with IMS updates
15:25-15:30	FE-5	Install urine samples into MELFI
15:30-15:45	FE-5	RGN – water drain into EДB ended
15:45-17:15	FE-5	ARED exercise
16:05-16:15	FE-6, CDR	OBT – discussion before the ROBO training
16:15-16:20	CDR	Stow the camcorder used for ROBoT exercise shooting
16:15-16:55	<b>FE-2</b>	VIZIR. Experiment run
16:15-16:35	FE-6	HRF – urine samples collection, tester
16:20-17:35	CDR	INSP3— equipment and camcorder activation
16:20-17:50	<b>FE-1</b>	VELO-1 exercise
16:35-16:55	<b>FE-4</b>	IMS update
16:35-16:40	FE-6	HRF – install urine samples into MELFI
16:40-18:10	FE-6	HRF – accessories bag stow
16:55-17:20	<b>FE-4</b>	Evening work prep
17:20-18:50	<b>FE-4</b>	ARED exercise
17:30-17:35	<b>FE-2</b>	Photo/TV camcorder configuration c/o
17:35-17:50	CDR	JRNL – log update
17:35-18:30	<b>FE-2</b>	T2 fitness evaluation
17:45-17:55	FE-5	BSA cycling end
17:50-18:00	CDR	MSG – power OFF
17:55-18:25	FE-5	PCS-HD – installation prep
18:00-18:15	<b>FE-1</b>	URISIS
18:10-18:25	FE-6	Evening work prep
18:15-18:50	<b>FE-1</b>	Evening work prep
18:25-18:40	CDR, FE-5, FE-6	PCS – X2R12 step-up procedure review
18:40-18:50	CDR, <b>FE-2</b> , FE-5, FE-6	Evening work prep
18:50-19:15	.	DPC ( <i>S-band</i> )
19:15-19:30	CDR, <b>FE-1</b> , <b>FE-2</b> , <b>FE-4</b> , FE-6	Evening work prep

19:15-19:35	FE-6	SPRUT – equipment installation
19:30-21:20	<b>FE-2</b>	Pre-sleep
19:30-19:45	FE-5	Crew conference
19:30-21:30	CDR, <b>FE-1, FE-4</b>	Pre-sleep
19:35-21:25	FE-6	Pre-sleep
19:45-21:30	FE-5	Pre-sleep
21:20-21:30	<b>FE-2</b>	RELAKSATSIYA. Relaksatsiya battery charging
21:25-21:30	FE-6	REMINDER – reminder review
21:30-06:00	.	Sleep.
<b>Task List</b>	<b>FE-1, FE-2, FE-4</b>	URAGAN. Observation and photography
		Prepare reports for Roskosmos web-site
		EKON-M. Observation and photography

**Comments:**

1. Window shutter #9 opening will be at crew discretion **on Go from MCC** Refer to OSTP for the missing USOS activity links
2. Pre-sleep: evening meal, food preparation, evening hygiene
3. **Russian crew shall use US exercisers in strict compliance with F24 or OSTPV.**

End of r/g