

## Post-EVA Crew Health Status. Crew Rest

GMT	CREW	ACTIVITY
08:30-08:40		Morning inspection
08:40-08:55	FE-1	Post-sleep
08:40-08:55	CDR	Biochemical urine test
08:55-09:10	FE-1	
08:55-09:25	CDR	Post-sleep
09:10-09:35	FE-1	Post-EVA crew health status - prep
09:25-10:15	CDR	BREAKFAST
09:35-09:50	FE-1	Post-sleep
09:50-10:40	FE-1	BREAKFAST
10:50-11:00	FE-1 CDR assists	Post-EVA crew health status
11:00-11:10	CDR FE-1 assists	
11:10-11:30	FE-1	Post-EVA crew health status – data transfer
11:10-12:10	CDR	Physical Exercise (TVIS)
11:30-11:45	FE-1	Replacing ИK0501 ГA CO2 Gas Analyzer Filter Unit ( <b>S/N 090 009848R ФГБ1ПГО_2_210_1 bag 350-6, stow removed unit in place of the installed one (for return)</b> )
11:45-11:55	FE-1	Taking readings from Real-Time Harmful Contaminant Gas Analyzer ГAHK-4M [AOK]
12:10-12:15	CDR	TVIS Weekly Maintenance
12:15-13:45	FE-1	Physical Exercise (TVIS), day 1
12:15-12:25	CDR	Post-EVA DCS760 camera configuration
12:25-12:55	CDR	PCS transfer
13:20-14:05	CDR	SCU purge
14:05-14:50		EMU: draining water and filling up
14:50-15:50		LUNCH
15:50-16:05	FE-1	Post-EVA Pille dosimeter reading
16:05-17:05		Crew EVA report ( <i>S-band</i> )
17:05-18:05	FE-1	Physical Exercise VELO + RED, day 1
17:45-18:00	CDR	Private medical conference ( <i>Ku + S-band</i> )
18:00-19:30	CDR	Physical Exercise (RED)
18:05-18:20	FE-1	Private medical conference ( <i>Ku + S-band</i> )
19:00-19:30	FE-1	COЖ maintenance. <i>Inspection of БПГK separator On MCC Go</i> Activate Vozdukh [ATMOSPHERE PURIFICATION SYSTEM] in auto mode
19:30-19:35	CDR	Transfer TVIS, RED, and HRM data to MEC
19:30-20:00	FE-1	DINNER
19:35-20:05	CDR	DINNER
20:00-20:30	FE-1	Daily food prep
20:05-20:35	CDR	Daily food prep
20:30-21:30	FE-1	Pre-sleep
20:35-20:50	CDR	Crew requested conference ( <i>S-band</i> )
20:50-21:30	CDR	Pre-sleep

21:30-06:00		SLEEP
<b>Task list</b>	FE-1	DIATOMEA. World ocean observations
		Light fixture audit. Dump data to the ground

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

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