ACH-M [SATELLITE NAVIGATION SYSTEM] H Π M-4 [NAVIGATION RECEIVING MODULE] TEST. RETURN CARGO PRE-PACK.

GMT	CREW	ACTIVITY
06:00-06:10		Morning Inspection
06:10-06:40		Post-sleep
06:40-07:30		BREAKFAST
07:30-07:50	FE-2	SOLO - Body mass meter installation
07:30-08:00	CDR,FE-1	Prep for Work
07:50-08:05	FE-2	SOLO - control runs of body mass measurements, equipment calibration
08:00-08:30	CDR,FE-1	KENTAVR Fit Check. Private conference (S-band)
08:05-08:15	FE-2	SOLO - Body Mass Measurement
08:15-08:35	FE-2	SOLO- Equipment Temp Stow
08:30-08:45	CDR,FE-1	Private medical conference with landing specialists (S-band)
08:35-08:45	FE-2	Prep for Work
08:45-09:00		Daily Planning Conference (S-band)
09:00-09:20	CDR FE-1 assists	24-hour ECG Monitoring (start)
	FE-2	Prep for Work
09:20-10:20	FE-1	Physical Exercise (TVIS), day 1
09:20-10:50	FE-2	Physical Exercise (RED)
09:35-10:05	CDR	PLASMA CRYSTAL-3 PLUS. Preparation for БСПН digital video transmission (start). Tagup with specialists (S-band)
10:05-11:35	CDR	Physical Exercise (TVIS), day 1
10:20-11:00	FE-1	Crew departure prep
10:50-11:50	FE-2	Physical Exercise (CEVIS)
11:00-11:15	FE-1	DIATOMEA. World Ocean Observations
11:15-11:35	FE-1	Crew departure prep
11:35-11:45	CDR	PLASMA CRYSTAL-3 PLUS. Preparation for БСΠΗ digital video transmission (terminate). <i>Tagup with specialists (S-band)</i>
11:35-13:35	FE-1	Dro pook garge items for return or disposal on Sovuz 222
11:45-13:45	CDR	Pre-pack cargo items for return or disposal on Soyuz 222
11:50-13:20	FE-2	US SLM: setup and measurements
13:20-13:35	FE-2	SLM data download to MEC
13:35-13:45	FE-1	PLANTS-2. Start Hardware Test. Tagup with specialists (S-band)
	FE-2	Power down COL, JEM and CUP PCS
13:45-14:45		LUNCH
14:45-15:40	CDR	Linnasking LIS garge delivered by Progress 265
14:45-16:00	FE-2	Unpacking US cargo delivered by Progress 365
14:45-15:00	FE-1	PLANTS-2. Terminate Hardware Test Tagup with specialists (S-band)
15:00-16:30	FE-1	Transfer urine from EDV-U to Progress 365 Rodnik water tank
15:40-16:20	CDR	СОЖ Maintenance
16:00-16:25	FE-2	CSA O2 analyzer calibration
16:20-17:20	CDR	Physical Exercise (TVIS), day 1
16:25-16:35	FE-2	PAO Hardware Setup

16:30-16:50	FE-1	IMS Update
16:35-16:45	FE-2	Crew prep for PAO
16:45-17:05		PAO Event (Ku + S-band)
17:05-17:55		Surface sampling, analysis (T+5)
17:10-18:40	FE-1	Physical Exercise (TVIS), day 1
17:20-18:20	CDR	Crew departure prep
17:55-18:00	FE-2	Daily Diet Monitoring
18:00-18:10	FE-2	SOLO - retrieval of PCBA package from MELFI
18:10-18:25	FE-2	Crew Discretionary Event.
18:20-18:30	CDR	IWIS data transfer
18:25-18:40	FE-2	Prep for Work
18:35-18:40	CDR	Transfer TVIS/RED/HRM data to MEC
18:40-18:55		Daily Planning Conference (S-band)
18:55-19:30		Prep for Work
19:30-20:00	•	DINNER
20:00-20:30		Daily Food Prep
20:30-21:25	FE-2	Pre-sleep
20:30-21:30	CDR,FE-1	- L16-2166h
21:25-21:30	FE-2	Questionnaire - journal entry
21:30-06:00		SLEEP

Note

- SM Window #9 shutter opening is at crew discretion with Report to MCC
 See OSTP for references to US activities.
- **3.Food supplement regimen per r/g 8681.** End of Radiogram