

**LBNP – exercise sessions. “Kurs” H/w backup test**

GMT	CREW	ACTIVITY
06:00-06:10		Morning inspection
06:10-06:40		Post sleep
06:40-07:30		Breakfast
07:32-07:53		DPC (VHF) (07:32 – 07:47)
07:53-08:15		Work prep (07:47 – 08:15)
08:15-08:45	FE-1	Crew departure prep
08:45-09:40	CDR FE-1 assist	LBNP exercises (Preliminary) <b>To=09:05</b>
09:40-09:55	FE-1	SAMS filter system clean-up
09:55-10:10		SAMS HDD and ICU troubleshooting
09:40-11:10	CDR	[CBC]. H/W relocate and install
10:40-11:10	FE-1	Crew departure prep
11:10-12:00	CDR	[CBC]. Performing experiment. Tag-up ( <i>S-band</i> )
11:20-11:30	FE-1 assist	[CBC]. Performing experiment. Tag-up ( <i>S-band</i> )
11:30-12:30	FE-1	Physical exercise CEVIS
12:00-12:30	CDR	[CBC]. Closeout ops. Tag-up ( <i>S-band</i> )
12:30-13:30	.	LUNCH
13:30-13:50	CDR	IMS file prep
13:30-15:30	FE-1	IMV fan clean-up per Node Maintenance procedure
13:50-13:55		<b>On MCC GO:</b> ISS O2 repress from Progress #354 CpПК (initiate)
13:55-14:25	CDR	ЕДВ (КОВ) refill for ELEKTRON
14:25-14:55		COЖ maintenance
14:55-15:00		ISS O2 repress from Progress #354 CpПК (terminate) / SM
15:00-16:00		Dust filter ПФ1 & 2 replacement in SM
15:30-16:15	FE-1	Check quality of IMV fan clean-up
16:00-17:30	CDR	Physical exercise TVIS-4
16:15-16:30	FE-1	FPP probe imagery from SM window #13
16:30-18:00		Physical exercise RED
17:30-18:30	CDR	Crew departure prep (17:30 – 18:05)
18:05-18:20	.	DPC ( <i>S-band, VHF – backup</i> )
18:20-18:45	CDR	Crew departure prep
18:25-18:40		All PCS reboot (weekly)
18:40-18:45	FE-1	OCA SSC router reboot
18:45-18:55		CO2 level monitoring
18:55-19:00		TVIS, RED and HRM data transfer to MEC
19:00-19:30		Report prep
19:30-20:00		Dinner
20:00-20:30		Daily food prep
20:30-21:30		Pre-sleep

21:30-06:00		Sleep
<b>Task List</b>	CDR	ECON experiment imagery
		RASTENIYA (PLANTS)-2. H/W operation check

**NOTE:** see OSTP for references to US activities

End of R/g