

**Waste Management System [ACY]: Sanitation-Hygiene Equipment R&R.  
SM Ventilation System Maintenance**

| TIME        | CREW              | ACTIVITY  |
|-------------|-------------------|---|
| 06:00-06:10 | CDR               | Morning inspection  |
| 06:00-06:10 | FE-2              | Morning inspection. Reboot RSS2   |
| 06:00-06:15 | FE-4              | CHROMATOMASS. Prep ops  |
| 06:00-06:10 | FE-1              | Morning inspection. Reboot Laptop RS2(1)<br>Visual inspection of [CM-Y] connector on [MHP-HC] pump located behind [ACY] Panel 139 |
| 06:00-06:05 | FE-5              | Urine drop sample collection  |
| 06:00-06:05 | FE-6              | Urine sample collection reminder check  |
| 06:05-06:25 | FE-5              | HRF - Urine sample collection   |
| 06:05-06:10 | FE-6              | Urine drop sample collection  |
| 06:10-06:30 | FE-6              | HRF - Urine sample collection & urinalysis  |
| 06:10-06:40 | CDR,<br>FE-2,FE-1 | POST-SLEEP  |
| 06:15-06:45 | FE-4              | CHROMATOMASS. Saliva and blood sample collection  |
| 06:25-06:35 | FE-5              | HRF- Placement of urine samples in MELFI  |
| 06:30-06:35 | FE-6              | HRF- Placement of urine samples in MELFI  |
| 06:35-06:40 | FE-5,FE-6         | Reaction Self Test  |
| 06:40-07:00 | FE-6              | Morning inspection  |
| 06:40-07:30 | FE-1,FE-2         | BREAKFAST   |
| 06:40-06:50 | FE-5              | Morning inspection  |
| 06:40-07:10 | CDR               | BREAKFAST   |
| 06:45-06:55 | FE-4              | Morning inspection.<br>SM [ΠCC] Caution & Warning Panel test  |
| 06:50-07:20 | FE-5              | POST-SLEEP  |
| 06:55-07:25 | FE-4              | POST-SLEEP  |
| 07:00-07:30 | FE-6              | HRF - Blood sample collection   |
| 07:10-07:25 | CDR               | Blood sample collection (assistance)  |
| 07:20-07:55 | FE-5              | BREAKFAST   |
| 07:25-07:55 | FE-4              | BREAKFAST   |
| 07:25-07:45 | CDR               | BREAKFAST   |
| 07:30-07:55 | FE-1,FE-2         | Work prep   |
| 07:30-07:40 | FE-6              | POST-SLEEP  |
| 07:40-07:50 | FE-6              | HRF- Refrigerated Centrifuge reconfiguration  |
| 07:45-07:55 | CDR               | MSG - Visual inspection   |
| 07:50-07:55 | FE-6              | Morning inspection  |
| 07:55-08:20 |                   | Daily planning conference ( <i>S-band</i> )   |
| 08:20-08:25 | FE-6              | HRF - Refrigerated Centrifuge spin termination  |
| 08:20-08:45 | CDR               | Transfer and stowage of Rack Front equipment  |
| 08:20-08:35 | FE-4              | CHROMATOMASS. Closeout ops  |

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| 08:20-08:50 | FE-1              | [CJIC]. Copying of data from RSE-LCS laptop to RSS2 laptop. Data downlink.   |
| 08:20-09:20 | FE-2              | SM Ventilation System Maintenance – Group A  |
| 08:20-08:40 | FE-5              | HRF - Urine sample collection  |
| 08:25-08:35 | FE-6              | HRF - Placement of urine samples in MELFI  |
| 08:35-08:55 | FE-4              | BREAKFAST  |
| 08:35-08:45 | FE-6              | Guide removal from CIR Rack  |
| 08:40-08:45 | FE-5              | HRF - Placement of urine samples in MELFI  |
| 08:45-09:40 | CDR               | InsP3 - Experiment initiation  |
| 08:45-10:45 | FE-5              | SPCU - Gathering of equipment for heat exchanger R&R   |
| 08:50-11:50 | FE-1              | TIPOLOGIYA - Experiment run  |
| 08:50-09:10 | FE-6              | POST-SLEEP   |
| 08:55-09:10 | FE-4              | Work prep  |
| 09:10-09:40 | FE-6              | SPINAL - Prep ops  |
| 09:10-10:10 | FE-4              | TIPOLOGIYA. Videotaping during experiment  |
| 09:20-09:40 | FE-2              | TIPOLOGIYA. Assistance during experiment   |
| 09:40-11:10 | FE-2              | SM Ventilation System Maintenance – Group A  |
| 09:40-09:55 | CDR,FE-6          | SPINAL - <i>S/G conference</i>   |
| 09:55-11:25 | CDR               | Physical Exercise (ARED)   |
| 09:55-10:25 | FE-6              | USND2 – Hardware mounting & activation   |
| 10:10-11:10 | FE-4              | Remove one [CCД 305] lighting fixture (new model) – <b>any properly working light of that type will do</b> --- from Progress-417 (docked at SM Aft) and stow it in spares bag. <b>Stow it in ФГБ1ПГО_1_107, bag No.407-21 (00050104R) or (if there is not enough room) in МИМ1_ПБ_407_1, bag 407-34 (00050114R). Update IMS.</b> |
| 10:25-10:35 | FE-6              | MedOps restraint system checkout   |
| 10:35-11:10 | FE-6              | BREAKFAST  |
| 10:45-12:35 | FE-5              | SPINAL – Scanning ops  |
| 11:10-12:40 | FE-2              | Physical Exercise (T2)   |
| 11:10-11:30 | FE-4              | Tightening of QD screw clamps on MRM1-FGB docking assembly interface   |
| 11:10-12:35 | FE-6              | SPINAL – Scanning ops assistance   |
| 11:25-12:25 | CDR               | Physical Exercise (CEVIS)  |
| 11:35-13:05 | FE-4              | Physical Exercise (ARED)   |
| 11:50-12:50 | FE-1              | Physical Exercise (VELO-1)   |
| 12:25-12:50 | CDR               | INSP3- Closeout ops  |
| 12:45-12:50 | FE-6              | PROK. Photos of PH List and dietary log files  |
| 12:50-13:50 | CDR,FE-5,<br>FE-6 | LUNCH  |
| 12:55-13:55 | FE-1              | LUNCH  |
| 13:05-14:05 | FE-2,FE-4         | LUNCH  |
| 13:50-14:45 | CDR               | INSP3 - experiment initiation  |
| 13:50-13:55 | FE-5              | PROK - dietary data collection (days 2-4)  |
| 13:55-14:15 | FE-5              | HRF - Urine sample collection  |

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| 13:55-14:15 | FE-6                                | HRF - Urine sample collection & urinalysis  |
| 13:55-14:55 | <b>FE-1</b>                         | Life on ISS – photo/video ops   |
| 14:05-15:05 | <b>FE-2</b>                         |   |
| 14:05-15:05 | <b>FE-4</b>                         | Replacement of [БД-СВ] & [БД-У]. <i>Install (CM1PO_1_138_1 bag 362-21, 0046580R): [БД-СВ] No.0911021 (00055248R), and [БД-У] No.0911022 (00055249R). Dispose of removed [БД-СВ] No.903030 (00044648R) and [БД-У] No. 608020 (00044649R) in Progress-416. Update IMS</i> |
| 14:15-14:20 | FE-5                                | Placement of urine samples in MELFI   |
| 14:15-14:20 | FE-6                                | Placement of urine samples in MELFI   |
| 14:25-14:35 | FE-6                                | USND2 – Hardware activation   |
| 14:35-14:45 | FE-6                                | HMS – Tonometer test setup  |
| 14:45-14:55 | CDR                                 | Tonometry – Pressure measurement (training run)   |
| 14:55-15:10 | CDR                                 | Tonometry - Pressure measurement (med ops lead)   |
| 14:55-15:10 | FE-6                                | Tonometry - Pressure measurement (subject)  |
| 14:55-15:00 | <b>FE-1</b>                         | Voice comm reconfig in MRM2   |
| 15:00-16:00 | <b>FE-1</b>                         | COULOMB CRYSTAL. Experiment run. <i>Conference with ground specialists (S-band)</i>   |
| 15:05-15:45 | <b>FE-4</b>                         | SM Life Support System maintenance  |
| 15:05-15:55 | <b>FE-2</b>                         | URAGAN. Visual observations and photography   |
| 15:10-15:20 | FE-6                                | Tonometry – Pressure measurement (training run)   |
| 15:20-15:35 | FE-6                                | Tonometry - Pressure measurement (med ops lead)   |
| 15:20-16:00 | CDR                                 | BCATC1-SFU_SMP-S/U_1  |
| 15:20-15:35 | FE-5                                | Tonometry - Pressure measurement (subject)  |
| 15:35-17:05 | FE-6                                | Physical Exercise (ARED)  |
| 15:35-15:55 | FE-5                                | HRF - Urine sample collection   |
| 15:55-16:05 | <b>FE-2,<br/>FE-4<br/>SHIFT H/O</b> | Test activation of Vozdukh [ABK] valves   |
| 15:55-16:00 | FE-5                                | HRF - Placement of urine samples in MELFI   |
| 16:00-16:05 | <b>FE-1</b>                         | Voice comm reconfig in MRM2   |
| 16:05-16:35 | <b>FE-1</b>                         | COULOMB CRYSTAL. Copying of video files to HDD  |
| 16:05-16:35 | <b>FE-2,<br/>FE-4<br/>SHIFT H/O</b> | Replacement of [ACY] urine receptacle [МП] & insert-filter [Ф-В]. <i>Install [МП] No.0220312 (00055007R, CM1PO_1_138_1) and [Ф-В] No.1201226 (00057506R, CM1PO_1_138_1 enclosure 0570069 (00044339R)). Dispose of removed items in Progress-416. Update IMS</i>         |
| 16:05-16:55 | CDR                                 | RGN-REC TK - Transfer and Replacement   |
| 16:05-17:05 | FE-5                                | Physical Exercise (T2)  |
| 16:35-18:05 | <b>FE-1</b>                         | Physical Exercise (EXPANDER)  |
| 16:35-17:35 | <b>FE-2</b>                         | Physical Exercise (VELO-4)  |
| 16:35-16:55 | <b>FE-4</b>                         | IMS data editing  |
| 16:55-17:10 | CDR                                 | RGN – start of water transfer to EDV  |
| 17:05-18:35 | FE-5                                | Physical Exercise (ARED)  |
| 17:10-17:25 | CDR                                 | Tonometry - Pressure measurement (subject)  |
| 17:10-17:25 | FE-6                                | Tonometry - Pressure measurement (med ops lead)   |

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| 17:25-17:35      | FE-6                             | Tonometry test                                       |
| 17:35-18:35      | FE-6                             | Physical Exercise (T2)                               |
| 17:35-17:50      | <b>FE-2</b>                      | URISYS setup   |
| 17:35-18:35      | <b>FE-4</b>                      | Physical Exercise (VELO-4)                           |
| 17:35-17:50      | CDR                              | RGN – end of water transfer to EDV                   |
| 17:50-18:15      | CDR                              | INSP3 - Closeout ops                                 |
| 18:15-18:35      | CDR, <b>FE-1,</b><br><b>FE-2</b> | Evening Work Prep                                    |
| 18:25-18:35      | CDR                              | MSG – power shutdown                                 |
| 18:35-19:00      | .                                | Daily planning conference ( <i>S-band</i> )          |
| 19:00-19:30      |                                  | Evening Work Prep                                    |
| 19:30-19:35      | CDR                              | Initiation of photo/video data replay                |
| 19:30-21:10      | <b>FE-4</b>                      | Pre-sleep ops  |
| 19:30-21:20      | <b>FE-1,FE-5,</b><br><b>FE-6</b> | Pre-sleep ops  |
| 19:30-21:30      | <b>FE-2</b>                      | Pre-sleep ops  |
| 19:35-21:25      | CDR                              | Pre-sleep ops  |
| 21:10-21:20      | <b>FE-4</b>                      | ALBEDO – Battery charging (start)                    |
| 21:20-21:25      | FE-6                             | Reaction Self Test                                   |
| 21:20-21:30      | <b>FE-1,FE-4</b>                 | [CJIC]. RSE-LCS Laptop activation for data recording |
| 21:20-21:25      | FE-5                             | REMINDER - check                                     |
| 21:25-21:30      | FE-5                             | Reaction Self Test                                   |
| 21:25-21:30      | CDR                              | Termination of photo/video data replay               |
| 21:25-21:30      | FE-6                             | REMINDER - ICV ECHO-2. Familiarization.              |
| 21:30-06:00      | .                                | Sleep  |
| <b>Task List</b> | <b>FE-1,FE-2,</b><br><b>FE-4</b> | ECON-M. Visual observations and photography          |
|                  |                                  | URAGAN. Visual observations and photography          |
|                  |                                  | Report prep for ROSKOSMOS website                    |

**Notes:**

1. SM Window #9 shutter opening is at crew discretion w/ **Report to MCC**
2. See OSTP for references to US activities.
3. Pre-sleep ops: dinner, daily food prep, pre-sleep
4. **Use of US exercise devices by Russian crewmembers – strictly in accordance with Form 24 or OSTPV.**
5. **Do not use RS windows from 04:55 to 05:10.**

End of Radiogram