Radiogram No. 2094 u **Suited Exercise**

Form 24 for 01/12/10

GMT	CREW	ACTIVITY
06:00-06:10	CDR, FE-1 , FE-5, FE-6	Morning Inspection
06:00-06:05	FE-4	Elektron-VM Aerosol Filter Inspection
06:05-06:10	FE-4	Morning Inspection
06:10-06:40		Post-sleep
06:40-07:30		BREAKFAST
07:30-07:50	CDR, FE-4 , FE-5, FE-6	Work Prep
07:35-07:50	FE-1	On MCC GO БМΠ Φ2 Absorption Cartridge Regeneration (start)
07:50-08:15		Daily Planning Conference (S-band)
08:15-11:15	CDR	Installation of the Antimicrobial Applicator in the Columbus TCS loop
08:15-08:30	FE-1	Work Prep
08:15-11:15	FE-6	Water Recovery System (WRS) Water Processor Assembly (WPA) Leak Check
08:20-09:50	FE-5	Physical Exercise (ARED)
08:30-08:40	FE-1	PLANTS-2. Photography
08:55-09:10	FE-1	Air duct disassembly in DC1 (skip fan B3 dismantling)
08:55-09:10	FE-4	Comm config for suited run
09:10-09:30	FE-1, FE-4	Orlan Systems Checkout During Exercise
09:30-09:45	FE-1, FE-4	БСС Checkout in DC1
09:45-10:15	FE-1, FE-4	EVA gear donning
09:50-10:50	FE-5	Physical Exercise T 2
10:15-10:45	FE-1, FE-4	Comm check and biomed telemetry test
10:45-10:55	FE-1, FE-4	Orlan and BCC Initial Conditions Check For the Run
10:50-11:15	FE-5	FOREST Plant Cultivation
10:55-11:10	FE-1, FE-4	Orlan Ingress, Sealing off Backpacks
11:10-11:15	FE-1, FE-4	Orlan and BCC Controls Checkout
11:15-11:20	FE-1, FE-4	Orlan and БСС Preliminary Leak Check
11:15-11:30	FE-5	CBEF Canister Detachment
11:20-12:50	FE-6	Physical Exercise (ARED)
11:20-11:35	FE-1, FE-4	Orlan fit check at suit pressure P.CK= 0.4
11:35-12:10	FE-1, FE-4	Suited Translation Exercise
11:35-11:40	FE-5	JPM Microgravity Measurement Apparatus Laptop Terminal (MLT) Activation
11:40-11:50	FE-5	TOCA Waste Water Bag (WWB) Replace
11:50-12:50	CDR	Physical Exercise T 2
11:50-12:00	FE-5	WRS Water Sample Analysis
12:00-12:20	FE-5	Marangoni Conference
12:10-12:40	FE-1, FE-4	Orlan Egress
12:20-12:50	FE-5	BIORHYTHM Data Save
12:40-12:50	FE-4	Post-Exercise Comm. Reconfig For Nominal Ops
12:50-13:50		LUNCH

13:50-15:50 FE-1, FE-4 Post-exercise closeout ops, air duct installation 13:55-14:10 FE-6 Crew verifies MELFI items inside each box module of Dewar 4 of MELFI 1 & 2 14:00-14:15 FE-5 Marangoni Maintenance Work Area (MWA) Transfer 14:25-15:55 FE-5, FE-6 MCAS & SSRMS Ops Installation Of Orlan Spacesuit Replaceable Elements for EVA Comm reconfig for nominal ops 15:50-16:30 FE-1, FE-4 Physical Exercise (ARED) FE-5, FE-6 Physical Exercise (ARED) FE-1, FE-4 Physical Exercise (CEVIS) FE-1 Physical Exercise (CEVIS) FE-1, FE-4 Physical Exercise (TVIS), Day 3 Tr.45-18:30 FE-5 Marangoni Inside Core Removal Tr.50-18:50 FE-1 Physical Exercise (TVIS), Day 3 Tr.45-18:50 FE-1 Physical Exercise (TVIS), Day 3 Tr.45-18:50 FE-6 Physical Exercise (ARED) Tr.50-19:50 CDR Removal of the Antimicrobial Applicator from the Columbus TCS loop FE-5 FE-6 Battery D2XS Charge FE-1 FE-6 Elektron-VM Aerosol Filter Inspection FE-1 FE-6 Elektron-VM Aerosol Filter Inspection FE-1 FE-6 Elektron-VM Aerosol Filter Inspection FE-1 FE-	13:50-14:00	EE_5	TOCA Data Transfer
13:55-14:10 FE-6 Crew verifies MELFI items inside each box module of Dewar 4 of MELFI 1 & 2 14:00-14:15 FE-5 Marangoni Maintenance Work Area (MWA) Transfer 14:25-15:55 FE-5, FE-6 MCAS & SSRMS Ops Installation Of Orlan Spacesuit Replaceable Elements for EVA 15:50-16:30 FE-1, FE-4 Comm reconfig for nominal ops 15:55-16:40 FE-5, FE-6 PAS #1 Activation and IMCAS Checkout 16:00-17:30 CDR Physical Exercise (ARED) 16:30-17:35 FE-1 Physical Exercise (CEVIS) 16:40-17:20 FE-5, FE-6 SSRMS Ops SSRMS Ops 17:20-17:45 FE-5 Marangoni Inside (MI) Interface Preparation 17:36-19:00 FE-4 Physical Exercise (TVIS), Day 3 17:45-18:30 FE-5 Marangoni Inside Core Removal 17:50-18:50 FE-6 Physical Exercise (ARED) 18:35-19:00 FE-5 Evening Work Prep 18:50-18:55 FE-6 Battery DZXS Charge 19:00-19:05 FE-6 Elektron-VM Aerosol Filter Inspection 19:00-19:05 FE-6 Elektron-VM Aerosol Filter Inspection 19:30-19:35 CDR MPC Power Up 19:30-19:35 CDR MPC Power Up 19:30-12:20 FE-6 Pre-sleep 19:30-21:20 FE-6 Pre-sleep 19:30-21:20 FE-6 Private Psychological Conference 20:50-21:10 FE-6 Private Psychological Conference 21:10-21:30 FE-6 Pre-sleep 21:50-21:30 CDR MPC Power Down 21:30-23:30 CDR MPC Power Down 21:30-23:30 CDR MPC Power Down 21:30-23:30 CDR SLEEP 21:30-06:00 FE-1, FE-4, FE-5, FE-6 SLEEP 21:30-06:00 FE-1, FE-4, FE-5, FE-6, SLEEP 21:30-06:00 FE-1, FE-4, FE-6, SLEEP			
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17:20-17:45 FE-5 Marangoni Inside (MI) Interface Preparation 17:35-19:00 FE-4 Physical Exercise (TVIS), Day 3 17:45-18:30 FE-5 Marangoni Inside Core Removal 17:50-18:50 FE-1 Physical Exercise (ARED) 17:50-18:50 FE-6 Physical Exercise T 2 17:50-19:05 CDR Removal of the Antimicrobial Applicator from the Columbus TCS loop 18:35-19:00 FE-5 Evening Work Prep 18:50-19:05 FE-1 Evening Work Prep 18:50-19:05 FE-1 Evening Work Prep 19:00-19:05 FE-6 Battery D2XS Charge 19:00-19:05 FE-5 Transfer TVIS, CEVIS, and HRM data to MEC 19:05-19:30 Daily Planning Conference (S-band) 19:30-19:35 FE-6 CWC Sampling 19:30-19:35 CDR MPC Power Up 19:30-21:15 FE-1 19:30-21:20 FE-4 Pre-sleep 19:35-20:15 CDR 20:15-20:30 CDR Private Psychological Conference 20:30-21:25 CDR Pre-sleep 20:55-21:10 FE-6 Private Psychological Conference 21:10-21:30 FE-6 Pre-sleep 21:15-21:30 FE-1 SMIT Φ2 Absorption Cartridge Regeneration (termination) 21:20-21:30 CDR MPC Power Down 21:30-23:30 CDR SLEEP 21:30-23:30 CDR SLEEP 21:30-06:00 FE-1, FE-4, FE-4, FE-5, FE-6 SLEEP	16:30-17:35	FE-4	Physical Exercise (CEVIS)
17:35-19:00 FE-4 Physical Exercise (TVIS), Day 3 17:45-18:30 FE-5 Marangoni Inside Core Removal 17:50-18:50 FE-1 Physical Exercise (ARED) 17:50-18:50 FE-6 Physical Exercise (ARED) 17:50-19:05 CDR Removal of the Antimicrobial Applicator from the Columbus TCS loop 18:35-19:00 FE-5 Evening Work Prep 18:50-18:55 FE-6 Battery D2XS Charge 19:00-19:05 FE-1 Elektron-VM Aerosol Filter Inspection 19:00-19:05 FE-5 Transfer TVIS, CEVIS, and HRM data to MEC 19:05-19:30 Daily Planning Conference (S-band) 19:30-19:35 FE-6 CWC Sampling 19:30-21:15 FE-1 Pre-sleep 19:30-21:20 FE-4 Pre-sleep 19:35-20:15 CDR Pre-sleep 20:35-21:10 FE-6 Private Psychological Conference 20:30-21:25 CDR Pre-sleep 21:10-21:30 FE-6 Pre-sleep 21:10-21:30 FE-6 Pre-sleep 21:15-21:30 CDR MPC Power Down 21:30-23:30 CDR SLEEP 21:30-06:00 FE-1, FE-4, FE-4, FE-5, FE-6 SLEEP	16:40-17:20	FE-5, FE-6	SSRMS Ops
17:45-18:30 FE-5 Marangoni Inside Core Removal 17:50-18:50 FE-1 Physical Exercise (ARED) 17:50-18:50 FE-6 Physical Exercise T 2 17:50-19:05 CDR Removal of the Antimicrobial Applicator from the Columbus TCS loop 18:35-19:00 FE-5 Evening Work Prep 18:50-18:55 FE-6 Battery D2XS Charge 19:00-19:05 FE-1 Elektron-VM Aerosol Filter Inspection 19:00-19:05 FE-5 Transfer TVIS, CEVIS, and HRM data to MEC 19:05-19:30 Daily Planning Conference (S-band) 19:30-19:35 FE-6 CWC Sampling 19:30-21:15 FE-1 19:30-21:10 FE-1 19:30-22:15 FE-1 19:35-20:15 CDR 20:15-20:30 CDR Private Psychological Conference 20:30-21:25 CDR Pre-sleep 20:55-21:10 FE-6 Private Psychological Conference 21:10-21:30 FE-6 Pre-sleep 21:15-21:30 FE-1 SMI Φ2 Absorption Cartridge Regeneration (termination) 21:20-21:30 CDR MPC Power Down 21:30-23:30 CDR SLEEP 21:30-06:00 FE-1, FE-4, FE-4, FE-5, FE-6 SLEEP	17:20-17:45	FE-5	Marangoni Inside (MI) Interface Preparation
17:50-18:50 FE-1 Physical Exercise (ARED) 17:50-18:50 FE-6 Physical Exercise T 2 17:50-19:05 CDR Removal of the Antimicrobial Applicator from the Columbus TCS loop 18:35-19:00 FE-5 Evening Work Prep 18:50-19:05 FE-1 Evening Work Prep 19:00-19:05 FE-6 Battery D2XS Charge 19:00-19:05 FE-5 Transfer TVIS, CEVIS, and HRM data to MEC 19:00-19:05 FE-5 Transfer TVIS, CEVIS, and HRM data to MEC 19:00-19:35 FE-6 CWC Sampling 19:30-19:35 FE-6 CWC Sampling 19:30-19:35 FE-6 Pre-sleep 19:30-21:20 FE-4 19:30-21:20 FE-6 Private Psychological Conference 20:30-21:25 CDR Pre-sleep 20:55-21:10 FE-6 Private Psychological Conference 21:10-21:30 FE-6 Pre-sleep 21:15-21:30 FE-6 Pre-sleep 21:15-21:30 FE-6 Pre-sleep 21:15-21:30 FE-6 Pre-sleep 21:20-21:30 FE-4 SONOCARD Experiment Start 21:30-23:30 CDR SLEEP FE-1, FE-4, FE-5, FE-6	17:35-19:00	FE-4	Physical Exercise (TVIS), Day 3
17:50-18:50 FE-6 Physical Exercise T 2 17:50-19:05 CDR Removal of the Antimicrobial Applicator from the Columbus TCS loop 18:35-19:00 FE-5 Evening Work Prep 18:50-19:05 FE-1 Evening Work Prep 18:50-18:55 FE-6 Battery D2XS Charge 19:00-19:05 FE-4 Elektron-VM Aerosol Filter Inspection 19:00-19:05 FE-5 Transfer TVIS, CEVIS, and HRM data to MEC 19:05-19:30 Daily Planning Conference (S-band) 19:30-19:35 FE-6 CWC Sampling 19:30-21:15 FE-1 19:30-21:20 FE-4 19:30-21:20 FE-5 Pre-sleep 19:35-20:15 CDR 20:15-20:30 CDR Private Psychological Conference 20:30-21:25 CDR Pre-sleep 21:10-21:30 FE-6 Pre-sleep 21:10-21:30 FE-6 Pre-sleep 21:15-21:30 FE-1 SMI Φ2 Absorption Cartridge Regeneration (termination) 21:20-23:30 CDR MPC Power Down 21:30-23:30 CDR SLEEP 21:30-06:00 FE-1, FE-4, FE-5, FE-6	17:45-18:30	FE-5	Marangoni Inside Core Removal
17:50-19:05 CDR Removal of the Antimicrobial Applicator from the Columbus TCS loop 18:35-19:00 FE-5 18:50-19:05 FE-1 18:50-18:55 FE-6 Battery D2XS Charge 19:00-19:05 FE-4 Elektron-VM Aerosol Filter Inspection 19:00-19:05 FE-5 Transfer TVIS, CEVIS, and HRM data to MEC 19:05-19:30 Daily Planning Conference (S-band) 19:30-19:35 FE-6 CWC Sampling 19:30-21:15 FE-1 19:30-21:20 FE-4 19:30-21:20 FE-5 Pre-sleep 19:35-20:15 CDR Private Psychological Conference 20:30-21:25 CDR Pre-sleep 20:55-21:10 FE-6 Pre-sleep 21:10-21:30 FE-6 Pre-sleep 21:15-21:30 FE-1 SMΠ Φ2 Absorption Cartridge Regeneration (termination) 21:20-21:30 CDR MPC Power Down 21:30-23:30 CDR SLEEP 21:30-06:00 FE-1, FE-4, FE-4, FE-5, FE-6 SLEEP	17:50-18:50	FE-1	Physical Exercise (ARED)
18:35-19:00 FE-5 18:50-19:05 FE-1 18:50-18:55 FE-6 Battery D2XS Charge 19:00-19:05 FE-4 Elektron-VM Aerosol Filter Inspection 19:00-19:05 FE-5 Transfer TVIS, CEVIS, and HRM data to MEC 19:05-19:30 Daily Planning Conference (S-band) 19:30-19:35 FE-6 CWC Sampling 19:30-19:35 CDR MPC Power Up 19:30-21:15 FE-1 19:30-21:20 FE-4 19:30-21:20 FE-6 19:35-20:55 FE-6 19:35-20:15 CDR 20:15-20:30 CDR Private Psychological Conference 20:30-21:25 CDR Pre-sleep 20:55-21:10 FE-6 Private Psychological Conference 21:10-21:30 FE-6 Pre-sleep 21:15-21:30 FE-1 SMΠ Φ2 Absorption Cartridge Regeneration (termination) 21:20-21:30 CDR MPC Power Down 21:30-23:30 CDR SLEEP 21:30-06:00 FE-1, FE-4, FE-5, FE-6 SLEEP	17:50-18:50	FE-6	Physical Exercise T 2
18:50-19:05 FE-1 18:50-18:55 FE-6 Battery D2XS Charge 19:00-19:05 FE-4 Elektron-VM Aerosol Filter Inspection 19:00-19:05 FE-5 Transfer TVIS, CEVIS, and HRM data to MEC 19:05-19:30 Daily Planning Conference (S-band) 19:30-19:35 FE-6 CWC Sampling 19:30-19:35 CDR MPC Power Up 19:30-21:15 FE-1 19:30-21:20 FE-4 19:30-21:30 FE-5 Pre-sleep 19:35-20:55 FE-6 19:35-20:15 CDR 20:15-20:30 CDR Private Psychological Conference 20:30-21:25 CDR Pre-sleep 20:55-21:10 FE-6 Private Psychological Conference 21:10-21:30 FE-6 Pre-sleep 21:15-21:30 FE-1 SMΠ Φ2 Absorption Cartridge Regeneration (termination) 21:20-21:30 CDR MPC Power Down 21:30-23:30 CDR SLEEP 21:30-06:00 FE-1, FE-4, FE-5, FE-6 SLEEP	17:50-19:05	CDR	Removal of the Antimicrobial Applicator from the Columbus TCS loop
18:50-19:05 FE-6 Battery D2XS Charge 19:00-19:05 FE-4 Elektron-VM Aerosol Filter Inspection 19:00-19:05 FE-5 Transfer TVIS, CEVIS, and HRM data to MEC 19:05-19:30 Daily Planning Conference (S-band) 19:30-19:35 FE-6 CWC Sampling 19:30-21:15 FE-1 19:30-21:20 FE-4 19:30-21:30 FE-5 Pre-sleep 19:35-20:15 CDR 20:15-20:30 CDR Private Psychological Conference 20:30-21:25 CDR Pre-sleep 20:55-21:10 FE-6 Private Psychological Conference 21:10-21:30 FE-1 SMΠ Φ2 Absorption Cartridge Regeneration (termination) 21:20-21:30 CDR MPC Power Down 21:30-23:30 CDR SLEEP 21:30-06:00 FE-1, FE-4, FE-5, FE-6 SLEEP	18:35-19:00	FE-5	
19:00-19:05	18:50-19:05	FE-1	
19:00-19:05 FE-5 Transfer TVIS, CEVIS, and HRM data to MEC 19:05-19:30 Daily Planning Conference (S-band) 19:30-19:35 FE-6 CWC Sampling 19:30-19:35 CDR MPC Power Up 19:30-21:15 FE-1 19:30-21:20 FE-4 19:30-21:30 FE-5 Pre-sleep 19:35-20:55 FE-6 19:35-20:15 CDR 20:15-20:30 CDR Private Psychological Conference 20:30-21:25 CDR Pre-sleep 20:55-21:10 FE-6 Private Psychological Conference 21:10-21:30 FE-6 Pre-sleep 21:15-21:30 FE-1 SMΠ Φ2 Absorption Cartridge Regeneration (termination) 21:20-21:30 CDR MPC Power Down 21:30-23:30 CDR SLEEP 21:30-06:00 FE-1, FE-4, FE-5, FE-6 SLEEP	18:50-18:55	FE-6	Battery D2XS Charge
19:05-19:30 . Daily Planning Conference (S-band) 19:30-19:35 FE-6 CWC Sampling 19:30-19:35 CDR MPC Power Up 19:30-21:15 FE-1 19:30-21:20 FE-4 19:30-21:30 FE-5 Pre-sleep 19:35-20:55 FE-6 19:35-20:15 CDR 20:15-20:30 CDR Private Psychological Conference 20:30-21:25 CDR Pre-sleep 20:55-21:10 FE-6 Private Psychological Conference 21:10-21:30 FE-6 Pre-sleep 21:15-21:30 FE-1 SMΠ Φ2 Absorption Cartridge Regeneration (termination) 21:20-21:30 CDR MPC Power Down 21:30-23:30 CDR SLEEP 21:30-06:00 FE-1, FE-4, FE-5, FE-6	19:00-19:05	FE-4	Elektron-VM Aerosol Filter Inspection
19:30-19:35 FE-6 CWC Sampling 19:30-19:35 CDR MPC Power Up 19:30-21:15 FE-1 19:30-21:20 FE-4 19:30-21:30 FE-5 Pre-sleep 19:35-20:55 FE-6 19:35-20:15 CDR Private Psychological Conference 20:15-20:30 CDR Private Psychological Conference 20:30-21:25 CDR Pre-sleep 20:55-21:10 FE-6 Private Psychological Conference 21:10-21:30 FE-6 Pre-sleep 21:15-21:30 FE-1 EMΠ Φ2 Absorption Cartridge Regeneration (termination) 21:20-21:30 FE-4 SONOCARD Experiment Start 21:30-06:00 FE-1, FE-4, FE-5, FE-6 SLEEP	19:00-19:05	FE-5	Transfer TVIS, CEVIS, and HRM data to MEC
19:30-19:35 CDR MPC Power Up 19:30-21:15 FE-1 19:30-21:20 FE-4 19:35-20:55 FE-6 19:35-20:15 CDR 20:15-20:30 CDR Private Psychological Conference 20:30-21:25 CDR Pre-sleep 20:55-21:10 FE-6 Private Psychological Conference 21:10-21:30 FE-6 Pre-sleep 21:15-21:30 FE-1 EMΠ Φ2 Absorption Cartridge Regeneration (termination) 21:20-21:30 FE-4 SONOCARD Experiment Start 21:25-21:30 CDR SLEEP 21:30-06:00 FE-1, FE-4, FE-5, FE-6 SLEEP	19:05-19:30		Daily Planning Conference (S-band)
19:30-21:15	19:30-19:35	FE-6	CWC Sampling
19:30-21:20 FE-4 19:30-21:30 FE-5 19:35-20:55 FE-6 19:35-20:15 CDR 20:15-20:30 CDR Private Psychological Conference 20:30-21:25 CDR Pre-sleep 20:55-21:10 FE-6 Private Psychological Conference 21:10-21:30 FE-6 Pre-sleep 21:15-21:30 FE-1 BMΠ Φ2 Absorption Cartridge Regeneration (termination) 21:20-21:30 FE-4 SONOCARD Experiment Start 21:25-21:30 CDR MPC Power Down 21:30-23:30 CDR SLEEP 21:30-06:00 FE-1, FE-4, FE-5, FE-6 SLEEP	19:30-19:35	CDR	MPC Power Up
19:30-21:30 FE-5 19:35-20:55 FE-6 19:35-20:15 CDR 20:15-20:30 CDR Private Psychological Conference 20:30-21:25 CDR Pre-sleep 20:55-21:10 FE-6 Private Psychological Conference 21:10-21:30 FE-6 Pre-sleep 21:15-21:30 FE-1 EMΠ Φ2 Absorption Cartridge Regeneration (termination) 21:20-21:30 FE-4 SONOCARD Experiment Start 21:25-21:30 CDR MPC Power Down 21:30-23:30 CDR SLEEP 21:30-06:00 FE-1, FE-4, FE-5, FE-6 SLEEP	19:30-21:15	FE-1	
19:35-20:55 FE-6 19:35-20:15 CDR 20:15-20:30 CDR Private Psychological Conference 20:30-21:25 CDR Pre-sleep 20:55-21:10 FE-6 Private Psychological Conference 21:10-21:30 FE-6 Pre-sleep 21:15-21:30 FE-1	19:30-21:20	FE-4	Pre-sleep
19:35-20:15 CDR 20:15-20:30 CDR Private Psychological Conference 20:30-21:25 CDR Pre-sleep 20:55-21:10 FE-6 Private Psychological Conference 21:10-21:30 FE-6 Pre-sleep 21:15-21:30 FE-1 EMΠ Φ2 Absorption Cartridge Regeneration (termination) 21:20-21:30 FE-4 SONOCARD Experiment Start 21:25-21:30 CDR MPC Power Down 21:30-23:30 CDR SLEEP 21:30-06:00 FE-1, FE-4, FE-5, FE-6 SLEEP	19:30-21:30	FE-5	
20:15-20:30 CDR Private Psychological Conference 20:30-21:25 CDR Pre-sleep 20:55-21:10 FE-6 Private Psychological Conference 21:10-21:30 FE-6 Pre-sleep 21:15-21:30 FE-1 БМП Ф2 Absorption Cartridge Regeneration (termination) 21:20-21:30 FE-4 SONOCARD Experiment Start 21:25-21:30 CDR MPC Power Down 21:30-23:30 CDR SLEEP 21:30-06:00 FE-1, FE-4, FE-5, FE-6 SLEEP	19:35-20:55	FE-6	
20:30-21:25 CDR Pre-sleep 20:55-21:10 FE-6 Private Psychological Conference 21:10-21:30 FE-6 Pre-sleep 21:15-21:30 FE-1	19:35-20:15	CDR	
20:55-21:10 FE-6 Private Psychological Conference 21:10-21:30 FE-6 Pre-sleep 21:15-21:30 FE-1	20:15-20:30	CDR	Private Psychological Conference
21:10-21:30 FE-6 Pre-sleep 21:15-21:30 FE-1	20:30-21:25	CDR	Pre-sleep
21:15-21:30	20:55-21:10	FE-6	Private Psychological Conference
21:20-21:30	21:10-21:30	FE-6	Pre-sleep
21:25-21:30 CDR MPC Power Down 21:30-23:30 CDR SLEEP 21:30-06:00 FE-1, FE-4, FE-5, FE-6 SLEEP	21:15-21:30	FE-1	БМП Ф2 Absorption Cartridge Regeneration (termination)
21:30-23:30 CDR SLEEP 21:30-06:00 FE-1, FE-4, FE-5, FE-6 SLEEP	21:20-21:30	FE-4	SONOCARD Experiment Start
21:30-06:00 FE-1 , FE-4 , FE-5, FE-6 SLEEP	21:25-21:30	CDR	MPC Power Down
FE-5, FE-6	21:30-23:30	CDR	SLEEP
23:30-23:45 CDR Crew Discretionary Conference	21:30-06:00		SLEEP
	23:30-23:45	CDR	Crew Discretionary Conference

23:45-08:15	CDR	SLEEP
Task List	FE-1 (FE-4)	СОЖ Maintenance
		IMS Update

Notes:

- SM Window #9 shutter opening is at crew discretion w/ Report to MCC
 See OSTP for references to US activities

- 3. Pre-sleep: dinner, daily food prep, evening toilet4. Tagups with specialists during all EVA prep activities (S-band, VHF) End of Radiogram