LBNP EXERCISE

GMT	CREW	ACTIVITY
06:00-06:05	CDR	Integrated Immune Liquid Saliva Sample Collection
06:00-06:10	FE-1,FE-2, SFPVC,CDR-19	Morning Inspection
06:00-06:05	FE-1-19	Integrated Immune Liquid Saliva Sample Collection
06:05-06:10	CDR	Integrated Immune Dry Saliva Sample Collection
06:05-06:10	FE-1-19	
06:10-06:20	FE-1-19,CDR	Morning Inspection
06:10-06:40	FE-1,FE-2, CDR-19,SFPVC	Post-sleep
06:20-06:30	CDR,FE-1-19	Post-sleep
06:30-06:35	CDR	Integrated Immune Historical Photo Documentation
06:30-06:35	FE-1-19	Integrated Immune Dry Saliva Sample Collection
06:35-06:50	CDR,FE-1-19	Post-sleep
06:40-07:30	FE-1,FE-2, CDR-19,SFPVC	BREAKFAST
06:50-07:40	CDR,FE-1-19	BREAKFAST
07:30-08:00	FE-1,FE-2, CDR-19,SFPVC	Prep for Work
07:40-08:00	CDR,FE-1-19	Prep for Work
08:00-08:15	ISS-18,ISS-19	Daily Planning Conference (S-band)
08:15-08:20	FE-1-19	BCAT-4 Camera Check
08:15-09:40	FE-1,CDR-19	ISS18 to ISS19 Crew Handover
08:20-09:50	CDR,FE-1-19	Crew Handover
08:45-08:55	SFPVC	Tagup with Consultants Team via VHF1 (VHF)
09:10-09:50	FE-2	JAXA Commercial Activity 3, Preparation
09:40-10:20	FE-1,CDR-19	Filling (separation) EDV (KOV) for Elektron from CWC #1068,1077 (Lab1S2)
09:50-11:20	FE-2	Physical Exercise (ARED)
09:50-10:50	CDR	Physical Exercise (TVIS)
10:20-10:35	FE-1	ИПД Air Sampling for Ammonia in SM
10:20-11:00	CDR-19	СОЖ Maintenance. CBO, СП, and POTOK Air Purification System Data Calldowns for SM and FGB Inspection of CM-У connector on MHP-HC separator pump in ACУ (behind panel 139, for moisture)
10:35-10:50	FE-1	SM air sampling using AK-1M sampler
10:50-12:20	FE-1 CDR-assists	LBNP Exercise (FINAL). To=11:48. Tagup with specialists (VHF)
11:00-11:15	CDR-19	Verify ИП-1 Flow Meter Configuration
11:15-12:45	CDR-19	Scheduled maintenance of Elektron Liquid Unit #056. Tagup with specialists (S-band)
11:20-12:20	FE-2	Physical Exercise (CEVIS)
11:50-11:55	FE-1-19	Integrated Immune Dry Saliva Sample Collection

12:20-13:05	CDR,FE-1-19	ISS18/ISS19 Crew Handover
12:20-12:55	FE-2	JAXA: Commercial Activity 3, Hardware Setup
12:25-13:05	FE-1	Sanitary-Hygiene Status Monitoring
12:45-12:55	CDR-19	POTOK-150MK Air Purification System Pre-filter cleaning in SM and FGB (Use vacuum cleaner and a narrow nozzle attachment with POTOK unit powered down)
12:55-13:05	CDR-19	Sanitary-Hygiene Status Monitoring
12:55-13:05	FE-2	MELFI Icepack Insertion Into Container Module
13:05-14:05		LUNCH
14:15-14:30	CDR	Private Medical Conference (S-band)
14:05-14:10	FE-1	On MCC Go ISS O2 repress from Progress 366 CpΠK (start)
14:05-15:05	CDR-19,SFPVC	Symbolic Activity per VC plan
14:15-14:30	FE-2	JAXA. Session 1
14:30-14:45	CDR,FE-2	JAXA. Session 2
14:40-15:00	FE-1	Preparation for MO-21M. Ecosphere battery charge
14:45-14:55	FF 2	JAXA. Session 3
14:55-15:10	FE-2	JAXA. Session 1 Closeout
15:00-15:05	FE-1	ISS O2 repress from Progress 366 CpΠK (terminate)
15:05-15:35	FE-1,CDR-19	Water sample collection from EDV filled from ATV / r/g 9963
15:10-15:25	FE-2,FE-1-19	Respiratory support pack checkout
15:25-15:55		Crew Medical Restraint System (CMRS) - Checkout
15:35-16:10	CDR,CDR-19	ISS18/ISS19 Crew Handover
15:50-16:15	FE-1	BIOTREK. Transfer of Bioecology containers 6-1, 7-4 from DC1 to Soyuz
15:55-16:15	FE-2	JAXA. Session 2 Closeout
16:05-16:10	FE-1-19	Integrated Immune Dry Saliva Sample Collection
16:10-17:10	CDR-19	Physical Exercise (CEVIS)
16:10-17:10	CDR	Physical Exercise (ARED)
16:15-17:00	FE-1	Removing B1 Fan from Soyuz 223 Orbital Module Cooler/Dryer. Tagup with specialists (S-band)
16:20-16:25	EE_2	AED Inspection
16:25-18:20	=FE-2	JEM: Airlock Launch Lock Removal
16:35-17:10	FE-1-19	PHS Hardware and Lab Hardware Setup
17:00-18:20	FE-1	Stow return equipment in Soyuz
17:00-17:30	SFPVC	E-mail ops
17:10-17:30	CDR-19	IMS Update
17:10-18:10	FE-1-19	Physical Exercise (TVIS)
17:10-18:20	CDR	JEM: Airlock Launch Lock Removal
17:40-18:20	CDR-19	Prep for Work
18:10-19:10	FE-1-19	Top for Work
18:10-18:20	SFPVC	Private conference using IP-Phone (Ku-band)
18:20-19:15	CDR,FE-2	Prep for Work
18:20-18:35	FE-1,CDR-19	Signing ISS RS Handover Protocol
18:30-19:30	SFPVC	Prep for Work
18:35-19:15	FE-1,CDR-19	TOP TOT WORK

19:10-19:15	FE-1-19	Integrated Immune Dry Saliva Sample Collection
19:15-19:30	ISS-18,ISS-19	Daily Planning Conference (S-band)
19:30-21:30		Presleep (dinner, daily food prep, evening toilet)
21:30-07:00		SLEEP

- Notes:
 1. SM Window #9 shutter opening is at crew discretion w/ Report to MCC
 2. See OSTP for references to US activities.
 End of Radiogram