

**Crew Health Status**

GMT	CREW	ACTIVITY
07:30-07:40		Morning inspection
07:40-08:10		Post-sleep
08:10-08:45		BREAKFAST
08:45-09:00		Daily planning conference ( <i>S-band</i> )
09:00-09:15		BREAKFAST
09:15-09:45		Work prep
09:45-10:00	K9, FE-1-12	Regeneration of Micropurification unit [БМП] Φ2 cartridge (start)
09:50-11:00	CDR-12, FE-1	ISS11-ISS12 handover
10:00-10:40	CDR	
10:00-11:00	FE-1-12	ODF replacement
11:00-11:55	CDR, FE-1-12	LBNP Exercise (PRELIMINARY). ( <b>To=11:20</b> ) <i>Tagup (S-band)</i>
11:00-12:00	FE-1	Physical exercise (CEVIS)
11:45-12:00	VC SFP	Private medical conference ( <i>S-band</i> )
11:55-13:55	FE-1-12	CARDIOCOG. Experiment ops
12:00-13:10	FE-1, CDR-12	ISS11-ISS12 handover
12:55-13:05	CDR	CARDIOCOG. Photo imagery during experiment ops
13:00-14:00	VC SFP	ISS Photo/Video
13:05-13:35	CDR	BRADOZ. Photo imaging during disassembly ops
13:10-13:20	CDR-12,	Compound Specific Analyzer- Combustion Products (CSA-CP) spot check.
13:20-13:50	FE-1	DOUG S/W installation
13:35-14:05	CDR	BRADOZ. Hardware disassembly and transfer to Soyuz
14:05-15:05	.	LUNCH
15:05-16:20	FE-1-12	SSRMS ops
15:05-15:35	CDR	Filling EDV (KOB) for Elektron
15:05-18:05	FE-1, CDR-12	SSRMS ops
15:35-16:05	CDR	COЖ maintenance
16:20-16:25	FE-1-12	<b>On MCC GO</b> ISS repress with O2 from Progress 354 CpПK (start)
16:25-17:25	CDR, FE-1-12	ISS11-ISS12 handover
16:45-16:55	VC SFP	ARIS. HAM radio session set up
16:55-17:05		ARISS: HAM radio session
17:25-18:25	CDR	Physical exercise (TVIS), day 1
17:25-17:30	FE-1-12	ISS O2 repress from Progress 354 CpПK (terminate).
18:00-18:10	VC SFP	LOW BACK PAIN (MUSCLE) -Back Pain Questionnaire
18:05-18:15	FE-1	PAO hardware setup
18:10-18:25	VC SFP	MOP. Questionnaire
18:15-18:25	CDR-12,	PAO prep
18:25-18:45	FE-1	PAO event (For Associated Press) ( <i>Ku + S-band</i> )

18:25-18:35	FE-1-12	Verify ИП-1 sensor installation
18:25-18:45	CDR, VC SFP	Earth photo
18:45-19:05	CDR	IMS file prep
18:55-19:15	VC SFP	Transfer data from flash card to Laptop RSE HDD
19:05-20:05	FE-1	Physical exercise (RED)
19:15-19:30	ISS12	Private medical conference ( <i>S-band</i> )
19:15-19:30	CDR, VC SFP	Daily plan review
19:30-20:00	VC SFP CDR (assists)	Study of cardiac bioelectric activity at rest ( <b>To=19:43</b> ). <i>Tagup (S-band)</i>
19:30-19:45	CDR-12	Questionnaire - first journal entry
19:45-20:15	ISS12	Daily plan review
20:00-20:15	CDR, VC SFP	Daily plan review
20:05-20:10	FE-1	Transfer TVIS, RED, and HRM data to MEC
20:10-20:30		Daily plan review
20:15-20:30	CDR, ISS12 VC SFP	Report prep
20:30-20:45		Daily planning conference ( <i>S-band</i> )
20:45-21:00		Report prep
21:00-21:30		DINNER
21:30-22:00		Daily food prep
22:00-23:00	VC SFP, CDR-12, ISS11	Pre-sleep
22:00-22:45	FE-1-12	Pre-sleep
22:45-23:00		Regeneration of Micropurification unit [БМП] Φ2 cartridge (terminate)
23:00-07:30	.	SLEEP
Task list	CDR	PLANTS-2. Payload status check
		Processing condensate from CWC 1027.

**Note:** See OSTP for references to US activities.

End of Radiogram