

**REGUL-OS HEALTH CHECK WITH ACTIVATION OF REGUL-OS TRANSMITTER. NAPOR-MINI RSA**

TIME	CREW	ACTIVITY
06:00-06:05	FE-6	REACTION - Self-reaction test
06:00-06:10	CDR	Morning Inspection Reboot Laptop RS2(1) SM ПСС (Caution & Warning Panel) Test
06:00-06:10	FE-2	Morning Inspection RSS1,2 Reboot
06:00-06:10	FE-3, FE-4, FE-5	Morning Inspection
06:05-06:10	FE-6	
06:10-06:40		Post-sleep
06:40-07:25	CDR, FE-2, FE-3, FE-4, FE-5	BREAKFAST
06:40-07:15	FE-6	
07:15-07:25	FE-6	COSMO - NODE3 Laptop Deployment
07:25-07:40		Daily Planning Conference ( <i>S-band</i> )
07:40-08:05	FE-6	COSMO. HDTV Camera Setup
07:40-08:05	FE-3, FE-4, FE-5	Work Prep
07:45-07:55	FE-2	BKC Laptops Antivirus Scan Check and Status Report
07:50-07:55	CDR	TERMO-LADA. Visual Inspection of Hardware Operation
07:55-08:15	CDR, FE-2	Work Prep
08:05-08:25	FE-6	COSMO - Video Camera Setup
08:20-09:00	CDR, FE-2, FE-4	Study Of Cardiac Bioelectric Activity At Rest. <i>Tagup with specialists (S-band)</i>
08:25-08:40	FE-6	COSMO - Setting Camera, Connecting Microphone
08:40-09:00	FE-6	COSMO - Camera View Check
09:00-12:00	CDR, FE-2, FE-3	ISS Emergency descent drill. (TK 710). <i>Tagup with specialists (S-band)</i>
09:00-09:05	FE-6	ANISO - Container Retrieval from MELFI
09:05-09:15	FE-6	ANISO - Light Treatment
09:15-09:35	FE-4	MATRYOSHKA-R. Detectors A41-A48 pre-pack for disposal
09:15-09:50	FE-6	BREAKFAST
09:20-10:20	FE-5	Cygnus Cargo Operations
09:35-09:40	FE-4	CTTC Configuration for MRM1
09:40-10:00	FE-4	KAPLYA-2. P/L Activation and Starting Static Heating of MKXI pneumo-hydraulic loop. <i>Tagup with specialists (S-band)</i>
09:50-11:20	FE-6	ARED Exercise
10:00-10:05	FE-4	MRM1 Comm Reconfig
10:10-11:40	FE-4	БД-2 Exercise, Day 2

10:35-11:35	FE-5	T2 Exercise
11:20-11:30	FE-6	PAO Hardware Setup
11:30-11:40	FE-6	Crew Prep for PAO
11:35-13:05	FE-5	ARED Exercise
11:40-12:00	<b>FE-4</b>	TKГ 420 Packing and IMS Ops
11:40-12:00	FE-6	PAO Event
12:00-12:05	<b>FE-4</b>	KAPLYA-2. Pressure Check
12:00-12:10	FE-6	Coldbag Icebrick Stow
12:00-13:00	<b>FE-2</b>	VELO Exercise, Day 1
12:00-13:00	<b>CDR</b>	БД-2 Exercise, Day 2
12:05-12:45	<b>FE-4</b>	TKГ 420 Packing and IMS Ops
12:10-12:20	FE-6	COSMO. R&R
12:10-13:10	FE-3	CEVIS Exercise
12:30-12:40	FE-6	Camcorder Setup
12:40-13:00	FE-6	SSRMS - Photography of LEE
12:45-13:45	<b>FE-4</b>	LUNCH
13:00-14:00	<b>CDR, FE-2</b>	
13:00-13:10	FE-6	COSMO. View Angle Check
13:05-13:20	FE-5	Private Medical Conference
13:10-14:10	FE-6	LUNCH
13:35-14:35	FE-3, FE-5	
13:45-14:05	<b>FE-4</b>	TKГ 420 Packing and IMS Ops
14:00-16:30	<b>CDR</b>	
14:00-14:05	<b>FE-2</b>	MRM2 (MRM1) comm config to support voice comm for the experiment
14:05-15:05	<b>FE-2</b>	KULONOVSKYI KRISTALL. Hardware Removal. <i>Tagup with specialists (S-band)</i>
14:05-14:10	<b>FE-4</b>	KAPLYA-2. Pressure Check
14:10-15:05	<b>FE-4</b>	TKГ 420 Packing and IMS Ops
14:35-15:05	FE-3, FE-5, FE-6	Cygnus - Debrief Conference
15:05-15:35	<b>FE-2</b>	KULONOVSKYI KRISTALL. Hardware teardown and Tagup with specialists
15:05-16:40	FE-5	Atmosphere Control & Supply (ACS) Hatch Seal Inspection
15:05-15:30	FE-3	WRM - Condensate Pumping Initiation
15:05-16:05	<b>FE-4</b>	VELO Exercise, Day 2
15:35-16:05	<b>FE-2</b>	KULONOVSKYI KRISTALL. File Preparation and Downlink
15:50-16:20	FE-6	Start EMU Battery Charge
16:05-16:25	FE-3	WRM - Terminate Condensate Pumping
16:05-16:15	<b>FE-4</b>	KAPLYA-2. Mode 2 Selection (dynamic warm-up of MKXI pneumo-hydraulic loop)
16:05-16:25	<b>FE-2</b>	IMS Update

16:15-16:30	<b>FE-4</b>	Private Medical Conference ( <i>Ku + S-band</i> )
16:20-17:20	FE-6	T2 Exercise2
16:25-17:55	FE-3	ARED Exercise
16:25-17:00	<b>FE-2</b>	Evening Work Prep
16:30-16:45	<b>CDR</b>	Private Medical Conference ( <i>Ku + S-band</i> )
16:35-17:20	<b>FE-4</b>	KAPLYA-2. Experiment Ops <i>Tagup with specialists (S-band)</i>
16:40-17:05	FE-5	VACC21 - Hardware Setup Adjustment
16:45-17:45	<b>CDR</b>	VELO Exercise, Day 2
17:00-17:15	<b>FE-2</b>	Private Medical Conference ( <i>Ku + S-band</i> )
17:15-18:45	<b>FE-2</b>	БД-2 Exercise, Day 1
17:20-17:25	<b>FE-4</b>	MRM1 (MRM2) Comm Reconfig
17:25-18:05	<b>FE-4</b>	KAPLYA-2. Copying Data to HDD and Downlink
17:25-17:35	FE-6	COSMO - Hardware Deactivation, Closeout
17:35-17:45	FE-6	COSMO - Data Files Transfer
17:35-18:35	FE-5	Cygnus Cargo Operations
17:50-18:00	FE-6	JAXA - Video Camera Setup
17:55-18:10	FE-3	Special Private Conference
18:00-18:10	FE-6	JAXA. Video Recording
18:05-18:45	<b>FE-4</b>	COЖ Maintenance
18:10-18:15	FE-6	JAXA. Start Video Downlink
18:15-18:30	FE-6	COSMO - Closeout Ops
18:15-18:45	<b>CDR</b>	Evening Work Prep
18:20-18:45	FE-3	
18:35-18:45	FE-6	Sample removal from the tube
18:35-18:45	FE-5	CYGNUS. Cargo Transfer Tagup
18:45-19:10		Daily Planning Conference ( <i>S-band</i> )
19:10-19:30	<b>CDR, FE-2, FE-4, FE-5</b>	Evening Work Prep
19:10-19:20	FE-3	
19:10-19:15	FE-6	JAXA Video Downlink End
19:15-19:25	FE-6	COSMO. Temporary Stowage
19:20-21:20	FE-3	Pre-sleep
19:25-21:25	FE-6	
19:30-21:30	<b>CDR, FE-2, FE-4, FE-5</b>	
21:25-21:30	FE-6	REACTION - Self-reaction test
21:30-06:00		SLEEP
<b>Task List</b>	<b>CDR</b>	TKГ 420 Packing and IMS Ops
	<b>CDR, FE-2, FE-4</b>	Preparation of reports for Roscosmos site
		ECON-M. Observations and Photography

**Notes:**

1. SM Window No. 9 shutter opening is at crew discretion w/ **Report to MCC**
  2. Pre-sleep ops: daily food prep, dinner, pre-sleep
  3. See OSTPV for references to US activities.
  4. **Russian crew uses US exercise equipment strictly per F24 or OSTPV**
- End of Radiogram