

**MBI-8-VELO. STOWING HARDWARE FOR DISPOSAL IN PROGRESS 354.**

GMT	CREW	ACTIVITY
06:00-06:10	.	Morning inspection. <b>Rebooting RS3 Laptop at Work Site 1</b>
06:10-06:40	.	Post-sleep
06:40-07:30	.	BREAKFAST
07:30-07:45	.	Work prep
07:45-08:00	.	Daily Planning Conference ( <i>S-band</i> )
08:00-08:15	CDR	Work prep
08:00-09:00	FE-1	Changeout of SM ПФ1-4 Dust Filter Cartridge ( <i>ФГБ1ПГО_3_307_1 bag #351-10 or ФГБ1ПГО_2_226_1 bag #352-2. Update IMS</i> )
09:00-11:30	FE-1	PROFILAKTIKA. Cycle Ergometer Experiment. <i>Tagup (S-band)</i>
09:00-10:50	CDR	Clearing ZSR rack and hardware prepack for ULF 1.1
10:50-12:20	CDR	Periodic Fitness Evaluation -Nom Ops
11:30-12:00	FE-1 (assists)	
12:00-12:20	FE-1	ALTCRISS. Card changeout and data dump via OCA. <i>Tagup (S--band)</i>
12:20-12:25	CDR	<b>On MCC Go</b> ISS O2 repress from Progress 354 CpПK (start)
12:25-13:25	.	LUNCH
13:25-13:55	FE-1	Air Duct Audit in Progress 354. <i>Tagup with specialists (S-band)</i>
13:25-13:30	CDR	ISS O2 repress from Progress 354 CpПK (terminate)
13:30-16:15	CDR	Removal and changeout of absorption cartridge
13:55-16:55	FE-1	Stowing hardware for disposal in Progress 354 and IMS update
16:15-17:45	CDR	Physical Exercise (RED)
16:55-17:15	FE-1	IMS Update
17:15-17:45	FE-1	COЖ maintenance
17:45-18:15	CDR	Trace Contaminant Control Subassembly (TCCS) - air flow rate measurement
18:15-18:45	FE-1	Daily Plan Review
18:20-18:25	CDR	Transferring TVIS, RED, and HRM data to MEC
18:25-18:30	CDR	O2 and CO2 status check.
18:30-18:45	CDR	Daily Plan Review
18:45-19:00	.	Daily Planning Conference ( <i>S-band</i> )
19:00-19:30	.	Report prep
19:30-20:00	.	DINNER
20:00-20:30	.	Daily food prep
20:30-21:30	.	Pre-sleep
21:30-06:00	.	SLEEP
<b>Task List</b>	FE-1	GCF-JAXA. TBY temperature check
		PLANTS-2. Payload status check
		PLANTS-2. Recharging water tank

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

End of Radiogram