## Stowing Return Hardware On Soyuz (AO). LBNP Exercise.

GMT	CREW	ACTIVITY
06:00-06:10	CDR	Morning Inspection. Inspection of CM-Y connector on MHP-HC pump behind ACY panel 139
06:00-06:10	<b>FE-1</b> , FE-2,FE-5	Morning Inspection
06:00-06:05	FE-3	Elektron-VM Aerosol Filter Inspection
06:00-06:05	FE-6	PRO K Urine Test
06:05-06:15	FE-3	Morning Inspection
06:05-06:10	FE-6	Integrated Immune Liquid Saliva Sample Collection
06:10-06:40	CDR,FE-1, FE-2,FE-5	Post-sleep
06:10-06:15	FE-6	Integrated Immune - Dry Saliva Sample Collection
06:15-06:45	FE-3	Post-sleep
06:15-06:35	FE-6	HRF Urine Sample Collection
06:35-06:45	FE-6	Urine Sample MELFI Insertion
06:40-07:30	CDR,FE-1, FE-2,FE-5	BREAKFAST
06:45-07:35	FE-3	BREAKFAST
06:45-06:50	FE-6	Post-sleep
06:50-07:50	FE-6	BREAKFAST
07:30-07:50	CDR,FE- 2,FE-5	Work Prep
07:30-07:45	FE-1	Work Prep
07:35-07:45	FE-3	Work Prep
07:45-07:50	FE-1	TBU (Universal Bioengineering Thermostat) Temperature Check. <i>Report to MCC TBU temperature</i>
07:45-07:50	FE-3	Cryogem-03 Temperature Check Report to MCC
07:50-08:15		Daily Planning Conference (S-band)
08:15-08:35	FE-2	Work Prep
08:15-08:25	FE-3	Work Prep
08:15-08:25	FE-5	Remove stowage items in front of Biolab
08:15-08:40	FE-6	BREAKFAST
08:20-08:35	FE-1	Soyuz 228 Gas Analyzer Activation
08:25-08:55	FE-5	BIOLAB HM Working Volume Photo Session
08:30-08:45	CDR	Check and maintain comm from Soyuz
08:40-08:50	FE-6	Relocating the 4 PBAs from NOD1 CTBs to more permanent locations
08:55-09:05	FE-5	Restow stowage items in front of Biolab
09:05-10:05	FE-2	Physical Exercise (CEVIS)
09:05-09:25	FE-5	WRM Condensate Pumping
09:10-10:40	CDR, FE-3- assists	LBNP Exercise (FINAL). Tagup with specialists (VHF+S-band)
09:15-10:40	FE-6	JPM Cabin Smoke Detector Cleaning
10:00-11:00	FE-1	Life On The Station Photo and Video

10:05-11:35	FE-2	Physical Exercise (ARED)
10:05-10:15	FE-5	WRM Condensate Pumping
10:15-11:15	FE-5	Fan Cleaning
10:40-11:20	FE-3	RS Ethernet and БРИ status analysis
11:00-13:00	CDR	Loading Return Equipment on Soyuz 227
		SD Cleaning Closeout
11:20-11:35	FE-6	
11:25-11:45	FE-5	Verify Velocicalc RS to Node 3 readings post IMV fan cleaning
11:30-13:00	FE-1	Changeout of CPBK-2M Water Conditioning Unit Purification Columns (БК БКВ). <i>Install unit #905014 (00048784R, CM1PO_122_1). Discard the removed unit.</i> See <i>IMS plan</i>
11:35-11:45	FE-2	FERULATE Unit A Detachment1
11:45-11:55	FE-2	FERULATE Unit A Detachment2
11:50-12:00	FE-5	EHS GC/DMS Ops Start
11:55-12:20	FE-2	FERULATE Sample Retrieval
12:00-13:00	FE-3	Physical Exercise (VELO), Day 4
12:00-13:00	FE-5,FE-6	Crew Departure Prep
12:20-12:35	FE-2	FERULATE Unit A Attachment3
12:35-12:50	FE-2	FERULATE Unit A Attachment4
12:50-13:00	FE-2	FERULATE Insertion into MELFI
13:00-14:00		LUNCH
14:00-14:40	CDR	Microbial sample collection (sampling for Kit 2)
14:00-16:00	FE-1,FE-3	MRM1 Unloading and IMS Updates
14:00-14:20	FE-5	RLT3 Laptop Deployment
14:00-14:10	FE-6	Cycling the mass flow controller to avoid stiction
14:05-14:15	FE-2	FMK Deployment Ops
14:10-14:25	FE-6	Private Medical Conference
14:15-14:45	FE-2	Grab Sample Container (GSC) Ops
14:20-14:25	FE-5	JEMRMS Backup Controller (BUC) Power On
14:25-14:45	FE-6	HRF Urine Sample Collection
14:40-15:40	CDR	Dismantling ЛКТ (TA251MБ) and ROM from the Soyuz 227 Orbital Module. #1417726325. Stowing location CM1PO_314_1, bag 353-8.See IMS Plan.
14:45-14:55	FE-2	Photo/TV COL Camcorder Setup
14:45-14:50	FE-6	Urine Sample MELFI Insertion
14:50-14:55	FE-5	JEMRMS Robotics Laptop 3 (RLT3) Activation
14:50-14:55	FE-6	PRO K Diet Logging Day 2-4
14:55-15:05	FE-2	Glove Box (MSG) Activation
15:00-15:15	FE-6	ARED Guide Rail Inspection
15:05-18:05	FE-2	CSLM2 Experiment Setup
15:10-15:20	FE-5	JEMRMS Robotics Laptop 3 (RLT3) Checkout
15:15-15:30	FE-6	ARED Flywheel Cylinder Evacuation
15:20-15:25	FE-5	JEMRMS Robotics Laptop 3 (RLT3) Deactivation
15:25-15:40	FE-5	Private Medical Conference (Ku+S-band)
15:30-17:00	FE-6	Physical Exercise (ARED)
15:40-16:40	CDR	Physical Exercise (TVIS), Day 2

15:50-16:00	FE-5	JEMRMS Back Up Controller (BUC) Power Off
16:00-16:15	FE-5	RLT3 (T61P) Laptop Closeout Ops
16:15-16:35	FE-5	RLT2 (T61P) Laptop Deployment
16:40-17:10	CDR,FE-1	Signing ISS RS Handover Protocol
17:00-18:30	FE-3	Physical Exercise (ARED)
17:00-10:30	FE-5	Terminate EHS GC/DMS Ops
17:00-17:05	FE-6	Transferring data after mass flow controller activation
17:10-17:25	CDR	Private Medical Conference (Ku+S-band)
17:10-18:40	FE-1	Physical Exercise (TVIS), Day 3
17:10-17:15	FE-5	JEMRMS Robotics Laptop 2 (RLT2) Activation
17:10-17:15	FE-6	CSLM2 Photo
17:15-17:25	FE-5	Integrate Immune Configure Blood Sample Collection Hardware
17:15-18:15	FE-6	Physical Exercise T 2
17:30-17:40	FE-5	JEMRMS Robotics Laptop 2 (RLT2) Checkout
17:40-17:45	FE-5	JEMRMS Robotics Laptop 2 (RLT2) Deactivation
17:45-18:45	FE-5	Physical Exercise (CEVIS)
18:00-18:35	CDR	Evening Work Prep
18:05-18:10	FE-2	Glove Box (MSG) Powerdown
18:10-18:15	FE-2	VCA1 Setup for KUBIK3
18:15-18:35	FE-6	HRF Urine Sample Collection
18:20-18:45	FE-2	Treadmill T2 Monthly Inspection
18:30-18:40	FE-3	TVIS Weekly Maintenance
18:35-20:35	CDR	Stowing Disposal Hardware On Soyuz 227
18:35-18:40	FE-6	Urine Sample MELFI Insertion
18:40-19:40	FE-1	Physical Exercise (VELO), Day 3
18:40-19:45	FE-3	Assistance In Stowing Disposal Hardware
18:45-20:15	FE-5	Physical Exercise (ARED)
19:20-19:40	FE-6	HRF Urine Sample Collection
19:40-20:20	FE-1	СОЖ Maintenance
19:40-19:45	FE-6	Urine Sample MELFI Insertion
19:45-20:35	FE-2, <b>FE-3</b> , FE-6	Evening Work Prep
20:15-20:35	FE-5	Evening Work Prep
20:20-20:35	FE-1	Evening Work Prep
20:35-21:00		Daily Planning Conference (S-band)
21:00-21:30		Change of Command Ceremony (Ku+S-band)
21:30-23:30	CDR,FE-1, FE-2,FE-5	Pre-sleep
21:30-23:25	FE-3	Pre-sleep
21:30-21:35	FE-6	MPC Power Up
21:35-23:15	FE-6	Pre-sleep
23:15-23:25	FE-6	Saliva Collection Hardware Stow
23:25-23:30	FE-3	Elektron-VM Aerosol Filter Inspection
23:25-23:30	FE-6	MPC Power Down

23:30-13:30		SLEEP
Task List	FE-3	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 ops: dinner, daily food prep, evening toilet End of Radiogram