

Cycle Ergometer ББ-3 Troubleshooting. Unloading Progress 356

GMT	CREW	ACTIVITY
06:00-06:10		Morning inspection
06:10-06:40		Post-sleep
06:40-06:50	CDR	MO-8. Set-up
06:40-06:50	FE-1	Calf measurement
06:50-07:00	CDR	
06:50-07:05	FE-1	Body mass measurement
07:05-07:20	CDR	
07:05-07:55	FE-1	BREAKFAST
07:20-07:30	CDR	MO-8. Close-out ops
07:30-08:10	CDR	BREAKFAST
07:55-08:10	FE-1	Work prep
08:10-08:25		Daily Planning Conference (<i>S-band</i>)
08:25-08:35	FE-1	Work prep
08:25-08:35	CDR	BREAKFAST
08:35-09:00	CDR	Work prep
08:35-09:05	FE-1	COЖ maintenance
09:00-09:30	CDR	Reconnecting Antenna Feeder Units to НПМ-1, 2, 3, 4. <i>Tagup with specialists (S-band)</i>
09:05-09:15	FE-1	MSG: activation
09:15-10:45	FE-1	Physical Exercise (CEVIS)
09:30-09:45	CDR	Satellite Navigation Equipment M [ACH-M] HBM-2 software upgrade – connecting Laptop to HBM-2. <i>Tagup with specialists (S-band)</i>
09:45-10:50	CDR	Progress 356 unloading and IMS updates
10:45-11:45	FE-1	Physical Exercise (RED)
10:50-11:25	CDR	Satellite Navigation Equipment M [ACH-M] HBM-2 software upgrade. <i>Tagup with specialists (S-band)</i>
11:25-12:20	CDR	Progress 356 transfers and IMS ops
11:50-12:20	FE-1	PFMI/g-LIMIT: setting up specimen
12:20-13:05	FE-1	PFMI – ops (step 1-6)
12:20-12:30	CDR	Satellite Navigation Equipment M [ACH-M] HBM-2 software upgrade – closeout ops <i>Tagup with specialists (S-band)</i>
12:30-13:30	CDR	Physical Exercise (TVIS) day 3
13:05-13:25	FE-1	IMS update
13:25-13:30	FE-1	TVIS ODF cue card disposal
13:30-13:35	CDR	On MCC Go ISS O2 repress from CpПK (start)
13:30-14:35	FE-1	LUNCH
13:35-14:30	CDR	
14:30-14:45	FE-1	Private medical conference (<i>S-band</i>)
14:35-14:40	CDR	ISS O2 repress using CpПK (terminate)

14:45-15:00	FE-1	Ops LAN Service Pack upload
15:10-15:20	FE-1	PAO hardware setup
15:20-15:30		Crew prep for PAO
15:30-15:50		PAO with Radio Network and WSN-TV (<i>Ku + S-band</i>)
15:50-16:00	FE-1	Post-PAO equipment stowage
15:50-16:05	CDR	Private medical conference (<i>S-band</i>)
16:00-17:15	FE-1	Sample collection and incubation with SSK
16:30-16:45	CDR	B5-3 cycle ergometer troubleshooting. <i>Tagup with specialists (S-band)</i>
16:45-16:55	CDR	On MCC Go Demate B5-3 telemetry data connectors from БИТС2-12 (<i>S-band</i>)
16:55-18:40	CDR	B5-3 cycle ergometer troubleshooting. <i>Tagup with specialists (S-band)</i>
17:15-18:00	FE-1	Sample collection using MAS kit
18:00-18:10	FE-1	PFMI: videotape changeout
18:10-18:15	FE-1	O2 and CO2 monitoring
18:15-18:20	FE-1	Transferring TVIS, RED, and HRM data to MEC
18:20-18:35	FE-1	Questionnaire - journal entry
18:35-18:50	FE-1	Evening work prep
18:40-18:50	CDR	On MCC GO Mating B5-3 telemetry connector to БИТС2-12 (<i>S-band</i>)
18:50-19:05		Daily Planning Conference (<i>S-band</i>)
19:05-19:30		Evening work prep
19:30-20:00		DINNER
20:00-20:30		Daily food prep
20:30-21:30		Pre-sleep
21:30-06:00		SLEEP
Task List	CDR	Search for missing hardware

Note: See OSTP for references to US activities.

End of Radiogram