

SM and FGB SA Efficiency Test

GMT	CREW	ACTIVITY
06:00-06:10		Morning Inspection
06:10-06:40		Post-sleep
06:40-07:30		BREAKFAST
07:30-08:00		Work prep
08:00-08:15		Daily Planning Conference (<i>S-band</i>)
08:15-08:20	CDR	Transfer to CPC2 (КЦП2), Laptop2 / <i>Tagup with specialists (S-band)</i>
08:15-09:30	FE-1	New software installation on the Medical Equipment Computer (MEC)
08:20-09:45	CDR	Removal of RS3 and setting up RS1 at work site 1. <i>Tagup with specialists (S-band)</i>
09:30-10:00	FE-1	Heart Rate Monitor (HRM) – software preparation
09:45-11:45	CDR	Laptop RS1 Software Installation. <i>Tagup with specialists (S-band)</i>
10:00-10:15	FE-1	Set up video equipment to record exercise on TVIS
10:15-11:45	FE-1	Physical Exercise (TVIS)
11:45-13:15	CDR	Physical Exercise (TVIS) Day 4
11:45-12:45	FE-1	Physical Exercise (RED)
12:45-13:15	FE-1	COX maintenance
13:15-14:15		LUNCH
14:15-16:00	CDR	Testing new software version on Laptop RS1. <i>Tagup with specialists (S-band)</i>
14:15-15:00	FE-1	CWC inspection
15:00-15:10	FE-1	Swapping CWC 1027 with CWC 1057
15:30-17:00	FE-1	SM ventilation system preventive maintenance. Groups B+C
16:00-16:05	CDR	Transitioning CPC1 (КЦП1) to master mode. <i>Tagup with specialists (S-band)</i>
16:05-17:05	CDR	CULT. Questionnaire <i>Tagup with specialists as necessary (S-band)</i>
17:00-17:20	FE-1	IMS update
17:05-17:20	CDR	Installation of ИП-1 on ПрК-Progress hatch
17:20-18:20	CDR	Physical exercise (VELO + Load Trainer/Cycle 1), day 4
17:20-17:45	FE-1	Glove Box (MSG): video equipment set up
17:50-18:05	FE-1	Questionnaire - journal entry
18:05-18:20	FE-1	Stow video equipment used to record exercise on TVIS
18:20-18:30	FE-1	Evening work prep
18:20-18:40	CDR	Evening work prep
18:30-18:35	FE-1	O2 and CO2 monitoring
18:35-18:40	FE-1	Transfer TVIS, RED, and HRM data to MEC.
18:40-18:55		Daily Planning Conference (<i>S-band</i>)
18:55-19:30		Evening work prep
19:30-20:00		DINNER
20:00-20:30	CDR	Daily Food Prep
	FE-1	Daily food prep
20:30-21:30		Pre-sleep
21:30-06:00		SLEEP

Task List	CDR	Search for missing hardware
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Note: See OSTP for references to US activities.
End of Radiogram