ACH-M CONFIG FOR NOMINAL OPERATION. ACH-M ACTIVATION.

GMT	CREW	ACTIVITY
06:00-06:10	CDR	Morning Inspection
06:00-06:10	FE-1	Morning Inspection. SM ΠCC [Caution & Warning Panel] Test
06:00-06:30	FE-4	SPRUT-2 Body Mass Measurement
06:00-06:05	FE-6	
06:00-06:05	FE-3	Reaction Self-test
06:00-06:05	FE-5	
06:05-06:10	FE-3,FE- 5,FE-6	Morning Inspection
06:10-06:40	CDR,FE- 1, FE-3, FE-5,FE-6	Post-sleep
06:30-07:30	FE-4	SPRUT-2 Experiment by FE-4. Tagup with specialists (S-band)
06:40-07:30	CDR,FE- 1, FE-3, FE-5,FE-6	BREAKFAST
07:30-07:55		Daily Planning Conference (S-band)
07:55-08:40	CDR,FE- 1, FE-3	Soyuz 231 Sokol Suit Leak Check
07:55-08:15	FE-5,FE-6	Work Prep
07:55-08:30	FE-4	Post-sleep
08:15-08:20	FE-5	Transferring Super Sensitive HDTV Camera from JPM1 to Cupola
08:15-09:00	FE-6	ARED Display Troubleshooting
08:20-08:30	FE-5	Transferring Super Sensitive HDTV Camera Converter from JPM1 to Cupola
08:30-09:25	FE-4	BREAKFAST
08:30-09:00	FE-5	Installation of Super Sensitive HDTV Camera Cable in Cupola
08:40-08:55	CDR,FE-1	Drying Sokol spacesuits: setting up suits 1 and 2 (Soyuz 231) for drying
08:40-10:00	FE-3	Crew Departure Prep
08:55-09:55	FE-1	Physical Exercise (T2) Day 4
08:55-10:55	CDR	ACH-M config for nominal operation after testing. <i>Tagup with specialists</i> (S-band)
09:00-10:15	FE-6	Physical Exercise (ARED)
09:05-09:15	FE-5	Diagnostic Kit Demonstration Part 2 Preparation
09:15-09:55	FE-5	Diagnostic Kit Demonstration. Part 2
09:25-09:35	FE-4	Verification of antivirus scan results on Auxiliary Computer System (BKC) laptops and Report to MCC
09:35-09:55	FE-4	Elektron-VM Shutdown With Purge
09:55-10:05	FE-5	Diagnostic Kit Demonstration Part 2 Closeout
09:55-11:25	FE-1	Progress 410 Rodnik Water Tank 2 [5B2] Bladder Compression
10:00-10:15	FE-4	PLANTS-2 Watering
10:00-10:20	FE-3	Treadmill Kinematics Exercise Preparation
10:15-10:45	FE-6	WRS Maintenance
10:20-11:20	FE-3	Physical Exercise T 2

10:20-10:40	FE-4	MOLNIYA-GAMMA. Saving data to a card. Tagup with specialists (S-band)
10:35-10:45	FE-5	Super Sensitive HDTV 17mm Lens Setup
10:45-11:10	FE-5	Super Sensitive HDTV Video Downlink
10:45-13:00	FE-6	PMM Cleanup
10:50-12:20	FE-4	Physical Exercise (TVIS), Day 1
10:55-11:10	CDR	Routine Maintenance of SM Rodnik Tank Valves KH and KB
11:10-11:20	FE-5	Taking video based on prediction data
11:20-11:30	FE-5	Super Sensitive HDTV Power Off
11:20-11:30	FE-3	Treadmill Kinematics Exercise End
11:25-11:35	FE-1	Terminate suits 1,2 drying (Soyuz 231)
11:30-12:15	FE-5	Lego Bricks Payload Review
11:30-13:00	FE-3	Physical Exercise (ARED)
11:35-11:50	FE-1	Start suit 3 drying and set up the first pair of gloves for drying (Soyuz 231)
12:00-13:00	CDR	Physical Exercise (TVIS), Day 4
12:15-12:20	FE-5	ISSAC Lab Window Shutter Open
12:20-12:25	FE-5	CGBA-5 Status Check
12:20-12:25	FE-1	Terminate drying the first pair of gloves and start drying the second pair (Soyuz 231)
12:25-12:30	FE-5	Video Camera Assembly 1 (VCA1) Adjustment
12:30-13:00	FE-5	FSL Video Management Unit HDDs position swap
12:35-12:55	FE-1	Sampling condensate water [KAB] upstream of CPB-K2M 5KO (to a drink bag) – setup, bag installation
12:55-13:00	FE-1	Terminate drying the second pair of gloves (Soyuz 231)
13:00-14:00		LUNCH
14:00-14:10	FE-1	Sampling condensate water [KAB] upstream of CPB-K2M 5KO – sampler replacement
14:00-15:00	FE-4	URAGAN. Observations and Photography
14:00-14:20	FE-3	Routine Servicing of Columbus Video Cassette Recorder
14:00-14:10	FE-5	Super Sensitive HDTV cable disconnection
14:00-14:15	CDR	Private Medical Conference (S + Ku-band)
14:10-14:15	FE-5	Transferring Super Sensitive HDTV Camera from Cupola to JPM1
14:10-14:20	FE-6	PAO Hardware Setup
14:15-14:40	FE-5	Ultrasound 2 Hardware Setup
14:20-14:35	FE-1	Terminate third suit drying, start drying the third pair of gloves (Soyuz 231)
14:20-14:30	FE-3,FE-6	Crew Prep for PAO
14:30-15:00	FE-3,FE-6	PAO Event
14:30-15:10	CDR	СОЖ Maintenance
14:40-15:40	FE-5	Equipment Transfer
15:00-15:15	FE-4	MOLNIYA-GAMMA. Saving data to a card. <i>Tagup with specialists</i> (S-band)
15:00-15:10	FE-6	PAO Hardware Deactivation
15:05-15:10	FE-1	Terminate drying the third pair of gloves (Soyuz 231)
15:10-15:40	FE-1	Soyuz 231 suit and glove stowage after drying

15:15-16:45	FE-4	MOLNIYA-GAMMA. Preparation and downlink
		EXPRESS Rack 8 Umbilical Mate
15:15-15:45	FE-6	
15:20-16:50	CDR	FGB Stowage Audit (pnls 426 and 427)
15:35-15:40	FE-3	MPC Power Up
15:40-15:50	FE-5	SLAMMD Stowage
15:40-17:40	FE-3	Crew Departure Prep
15:50-17:20	FE-5	Physical Exercise (ARED)
15:55-17:10	FE-6	Physical Exercise T 2
16:20-16:25	FE-1	Progress 410 Rodnik Water Tank 2 [5B2] Bladder Compression - Closeout
16:25-16:40	FE-1	Private Medical Conference (S + Ku-band)
16:40-18:10	FE-1	Physical Exercise (TVIS), Day 4
16:45-17:15	FE-4	INTERACTION Experiment Run By FE-4
16:50-17:00	CDR	Evening Work Prep
17:00-17:20	CDR	IMS Update
17:10-17:40	FE-6	WRS Maintenance
17:15-17:30	FE-4	Private Medical Conference (S + Ku-band)
17:20-18:20	FE-5	Physical Exercise T 2
17:20-18:50	CDR	Physical Exercise (ARED)
17:40-17:45	FE-3	MPC Deactivation
17:40-17:55	FE-6	Private Psychological Conference
17:40-18:40	FE-4	Physical Exercise (VELO), Day 1
17:45-18:00	FE-3	HRF2 PC DVD Load Transfer Preparation
18:00-18:15	FE-3	Private Psychological Conference
18:10-18:25	FE-1	Sampling condensate water [KAB] upstream of CPB-K2M 5KO – remove sampler, disassemble config, discard
18:15-18:50	FE-3,FE-6	Evening Work Prep
18:20-18:50	FE-5	Evening Work Prep
18:25-18:50	FE-1	Evening Work Prep
18:40-18:50	FE-4	Evening Work Prep
18:50-19:15		Daily Planning Conference (S-band)
19:15-19:30	CDR,FE- 1,FE-4, FE-5,FE-6	Evening Work Prep
19:15-19:30	FE-3	HRF2 PC DVD Load Transfer Preparation
19:30-21:30	CDR,FE-1	Pre-sleep
19:30-21:20	FE-4 ,FE-5	Pre-sleep
19:30-19:35	FE-3	MPC Power Up
19:30-21:25	FE-6	Pre-sleep
19:35-21:20	FE-3	Pre-sleep
21:20-21:25	FE-3	Reaction Self-test
21:20-21:30	FE-4	BAR. Start Charging Kelvin-video
21:20-21:25	FE-5	ISSAC Window Shutter Close
21:25-21:30	FE-5	Reaction Self-test
21:25-21:30	FE-3	MPC Power Down

21:25-21:30	FE-6	Reaction Self-test
21:30-06:00		SLEEP
Task List	CDR,FE- 1,FE-4	Preparation of reports for Roskosmos site

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: daily food prep, dinner, pre-sleep End of Radiogram