

Orthostatic stability evaluation with LBNP

GMT	CREW	ACTIVITY
06:00-06:10		Morning inspection
06:10-06:40		Post-sleep
06:40-07:30		BREAKFAST
07:30-07:55		Work prep
07:55-08:10		Daily planning conference (<i>S-band</i>)
08:10-08:40	CDR	Defibrillator Battery 1 charge start
08:10-09:50	FE-1	Stow discarded hardware in Progress 354 (with IMS support)
08:40-08:45		Rebooting OCA SSC router
08:45-09:00	CDR	Stow video equipment used to record the RED exercise
09:00-10:30		Physical exercise (CEVIS)
09:50-10:05	FE-1	IMS tagup (<i>S-band</i>)
10:05-12:05		Transfer urine from ЕДВ-У to Progress 354 Rodnik Water Tanks [ББ] 1 and 2
10:30-11:30		Physical exercise (RED)
11:30-12:00	CDR	TEPC transfer
12:05-12:15		Terminate Defibrillator Battery 1 charge , Start battery 2 charge
12:15-13:45		ACS - LAB window inspection
13:45-14:45	FE-1, CDR (assists)	Orthostatic Stability Evaluation with LBNP <i>Tagup with specialists (VHF)</i> , To=14:12
14:45-14:50	FE-1	On MCC GO ISS repress with O2 from Progress 354 CpПК (start)
14:50-15:50		LUNCH
15:50-15:55	FE-1	ISS O2 repress using Progress 354 CpПК (terminate)
		Terminate Defibrillator Battery 2 charge
15:55-16:05	CDR	HRF1- setting up camcorder for video before SLAMMD ops
16:05-17:25		HRF1 - SLAMMD testing, part 1
16:50-17:20	FE-1	Report prep
17:20-17:30		HRF: SLAMMD photo documentation
17:25-18:05	CDR	HRF 1: SLAMMD testing, part 2
17:30-19:00	FE-1	Physical Exercise (TVIS) day 4
18:05-18:20	CDR	Measuring defibrillator battery voltage
18:55-19:00		Transferring TVIS, RED, and HRM data to MEC
19:00-19:15		Daily planning conference (<i>S-band</i>)
19:15-19:30		Flight Director/ISS Crew Tagup (<i>S-band</i>)
19:30-19:50	CDR	Crew discretionary conference (<i>S-band</i>)
19:30-20:00	FE-1	Daily food prep
19:50-20:00	CDR	Daily food prep
20:00-20:30		DINNER
20:30-21:30		Pre-sleep
21:30-06:00		SLEEP
(Task list)	FE-1	IMS update
		COЖ maintenance

Note: See OSTP for references to US activities.

End of radiogram