

**HEALTH STATUS. SOYUZ HARDWARE PREPACK**

GMT	CREW	ACTIVITY
06:00-06:10		Morning inspection
06:10-06:20	FE-1	Config set-up
06:10-06:35	CDR	Post-sleep
06:20-06:35	FE-1	Body mass measurement
06:35-06:50	CDR	
06:35-06:50	FE-1	Post-sleep
06:50-07:45	CDR	BREAKFAST
06:50-07:00		MO-8. Close-out ops
07:00-07:15	FE-1	Post-sleep
07:15-08:05		BREAKFAST
07:45-08:15	CDR	Work prep
08:05-08:35	FE-1	Work prep
08:15-08:35	CDR	Progress 354 undocking video downlink from V/C LIV without mixer
08:35-08:50		Daily Planning Conference ( <i>S-band</i> )
08:50-09:10	FE-1 CDR assists	24-hour ECG monitoring (start)
09:10-09:20	FE-1	NOA (ESANO1). Hardware setup and activation
09:10-09:30	CDR	Crew departure prep
09:20-09:35	FE-1	Taking readings from AOK ГАНК-4М gas analyzer
09:30-10:00	CDR	<b>On MCC Go:</b> Deactivating YC TTC from user panel ПА-4
09:35-09:45		NOA (ESANO1). Measurement and close out ops
09:45-09:55	FE-1	NOA (ESANO1). Data dump from RSE Laptop via БСР-ТМ
09:55-10:05		PLANTS-2. Data downlink
10:00-10:10	CDR	User panel ПА-4 checkout during VHF coverage
10:05-11:05	FE-1	Physical Exercise (TVIS) day 1
10:10-10:45	CDR	FOOT - hardware transfer
10:45-11:15	CDR	Crew departure prep
11:05-11:15	FE-1	PLANTS-2. Data downlink
11:15-11:40	CDR	Routine maintenance of Compound Specific Analyzer- Combustion Products (CSA-CP)
11:15-13:15	FE-1	Equipment prepack for return on Soyuz
11:40-12:40		Physical Exercise (TVIS)
12:40-12:45	CDR	Compound Specific Analyzer- Combustion Products (CSA-CP) data log
12:45-13:15		COЖ maintenance
13:15-14:15		LUNCH
14:15-16:15	FE-1	JAXA 3D-PCGF. Hardware prepack for return and transfer to Soyuz. <i>Tagup with specialists (S-band)</i>
14:15-15:45	CDR	US SLM: installation and measurements
15:45-16:00		SLM data transfer to MEC

16:00-17:30		Physical Exercise (RED)
16:15-17:15	FE-1	Crew departure prep
17:15-18:15		Physical Exercise (TVIS) day 1
17:30-17:40	CDR	Taping CEVIS isolators
17:40-17:55		Food frequency questionnaire
17:55-18:00		O2 and CO2 status check.
18:00-18:10		CWC audit
18:10-18:40	CDR	Daily Plan Review
18:15-18:40	FE-1	
18:40-18:55		Daily Planning Conference ( <i>S-band</i> )
18:55-19:00	CDR	Transferring TVIS, RED, and HRM data to MEC
19:00-19:30		Report prep
19:30-20:00		DINNER
20:00-20:10		Daily food prep
20:10-20:30		Weekly crew conference with the ISS Program Management ( <i>S-band</i> )
20:30-20:40		Daily food prep
20:40-21:30		Pre-sleep
21:30-06:00		SLEEP
<b>Task List</b>	FE-1	GCF-JAXA. TBY temperature check
		Removal of HDTV V/C converter
		PLANTS-2. Plant growth photography
		Extending air duct in Soyuz

**Note:** See OSTP for references to US activities.  
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