

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 | COЖ 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 |

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