

Crew Rest

Time	Crew	Ops
06:00-06:10	КЭ,БИ-1, БИ-2,БИ-3	Morning inspection
06:00-06:05	БИ-4,БИ-5	SLEEP - data logging
06:05-06:10	БИ-4,БИ-5	ISS inspection
06:10-06:40	.	Post-sleep
06:40-07:30	.	Breakfast
07:30-07:50	БИ-5	Nutrition - urine collection
07:30-08:45	БИ-2	FE CEVIS
07:30-08:30	КЭ,БИ-1	Prepping Orlan replaceables, accessories and individual equipment Tagup with specialists. (S-band) <i>Communicating from ПхО</i>
07:50-07:55	БИ-4	Nutrition и Repository - Photographing
07:50-07:55	БИ-5	Nutrition - installing urine samples into MELFI
07:55-08:10		Nutrition – blood sample collection,
07:55-08:00	БИ-3	Nutrition и Repository - Photographing
07:55-08:10	БИ-4	Nutrition – blood sample operator
08:10-08:20	БИ-5	Nutrition - assembling cooling centrifuge equipment
08:20-08:30	БИ-5	Nutrition – configuring cooling centrifuge
08:20-08:40	БИ-4	Nutrition и Repository - urine sample collection
08:40-08:45		Nutrition и Repository - installing urine samples into MELFI
08:45-10:00	БИ-2	FE ARED
09:00-09:20	БИ-5	Nutrition – installing blood sample into MELFI
09:00-10:00	БИ-3	FE ВЕЛО -1
09:00-09:05	БИ-4	Nutrition и Repository - Photographing
09:20-09:30		Nutrition и Repository – blood collection and processing equipment stowage
09:30-10:30	БИ-4	Weekly housekeeping
09:30-12:30	БИ-5	
09:40-09:55	КЭ	Private Psych conference (VHF)
10:00-13:00	БИ-1	Weekly housekeeping
10:00-10:05	КЭ	РАСТЕНИЯ-2. Equipment monitoring
10:00-10:20	БИ-2	CEVIS protocol transfer to crew CEVIS card
10:00-10:30	БИ-3	Hygiene
10:05-10:15	КЭ	End of Orlan 825M3 Unit 1 discharge and removing Unit 1 from discharge
10:15-10:25	КЭ	Installation of Orlan 825M3 Unit 1 for charge and start charging Unit 1
10:30-11:30	КЭ	FE ARED
10:30-11:30	БИ-4	FE CEVIS
11:10-11:25	БИ-3	Private Psych Conference (VHF)
11:30-13:00	БИ-3	Weekly Housekeeping Чистка сеток вентиляторов ВПрК, ВПхО, ФС5, ФС6, ФС9, ЦВ2 ФГБ

11:30-13:00	БИ-4	FE ARED
12:30-12:45	БИ-5	Private Psych Conference (<i>S-band</i>)
13:00-14:00	.	Lunch
14:00-17:00	КЭ	Weekly Housekeeping Fan grille cleaning for ВПрК, ВПхО, ФС5, ФС6, ФС9, ЦВ2 ФГБ fans
14:00-16:00	БИ-4	Weekly Housekeeping
14:00-16:30	БИ-2	Weekly Housekeeping
14:00-14:20	БИ-5	Nutrition – urine collection
14:00-15:30	БИ-3	Weekly Housekeeping Чистка сеток вентиляторов ВПрК, ВПхО, ФС5, ФС6, ФС9, ЦВ2 ФГБ
14:20-14:25	БИ-5	Nutrition - installing urine sample into MELFI
15:30-17:00	БИ-5	FE ARED
15:30-16:30	БИ-3	FE ЭСПАНДЕР
15:45-16:45	БИ-1	FE CEVIS
16:30-16:45	БИ-2	PFC (<i>Ku+S-band</i>)
16:45-17:15	БИ-1	FE ARED
16:45-18:15	БИ-2	Weekly Housekeeping
17:00-18:00	КЭ	FE ВЕЛО - 1
17:00-18:00	БИ-5	FE CEVIS
17:00-17:40	БИ-3	СОЖ maintenance. Data collection for СП, СВО, УОВ "Поток" in CM and ФГБ Inspect connector CM-Y in МНР-НС behind panel 139 АСУ
17:05-17:25		Nutrition и Repository – Urine sample collection
17:25-17:30	БИ-4	Nutrition и Repository - installing urine samples into MELFI
17:55-18:15		Nutrition и Repository – Urine collection equipment stowage
18:00-18:30	КЭ	Hygiene
18:05-18:15	БИ-2	Connecting rack cable harness
18:05-18:20	БИ-5	PFC (<i>Ku+S-band</i>)
18:15-19:00	БИ-1,БИ-2, БИ-3,БИ-4	Evening work prep
18:20-19:00	БИ-5	
18:30-19:00	КЭ	
19:00-19:25	.	DPC (<i>S-band</i>)
19:25-19:30	.	Evening work prep
19:30-20:00	.	Pre-sleep
20:00-20:30	.	ISS-20 and STS-127 crews conference (<i>S-band</i>)
20:30-21:30	КЭ,БИ- 2,БИ-3, БИ-4,БИ-5	Pre-sleep
20:30-20:45	БИ-1	PFC (<i>Ku+S-band</i>)
20:45-21:30	БИ-1	Pre-sleep
21:30-06:00	.	Sleep

Notes:

1 Window 9 cover opening – crew discretion, **Report to MCC**

2. Missing links to US ops -- see OSTP

End of RG