

**LBNP Exercise. BBC SW Update**

<b>GMT</b>	<b>CREW</b>	<b>ACTIVITY</b>
05:55-06:10	FE-5	Private Family Conference
06:00-06:10	CDR, <b>FE-1</b> , <b>FE-4</b>	Morning Inspection
06:00-06:10	<b>FE-2</b>	SONOCARD Experiment Termination
06:00-06:05	FE-3	Integrated Immune Liquid Saliva Sample Collection
06:05-06:10	FE-3	BCAT Nikon D2Xs Battery Changeout
06:10-06:40		Post-sleep
06:40-07:30		BREAKFAST
07:30-07:55		Daily Planning Conference ( <i>S-band</i> )
07:55-08:15	CDR, FE-3, FE-5	Work Prep
07:55-08:15	<b>FE-2</b>	Work Prep. <b>SM ПСС [Caution &amp; Warning Panel] Test</b>
07:55-08:10	<b>FE-1, FE-4</b>	БМП Ф1 Absorption Cartridge Regeneration (start)
08:10-08:30	<b>FE-1, FE-4</b>	Work Prep
08:15-10:45	FE-5	EMER-1 and EMER-2 Deltas Printout and Temp Stow
08:20-08:35	<b>FE-2</b>	SONOCARD Copy Data to RSE-MED Laptop
08:25-08:35	FE-3	CIR Alignment Guide Installation
08:35-10:05	<b>FE-4, FE-1-</b> assists	LBNP Exercise (FINAL). <i>Tagup with specialists (VHF)</i>
08:35-09:15	<b>FE-2</b>	ISTOCHNIK Familiarization. <i>Tagup with specialists (S-band)</i>
08:35-08:45	CDR	CIR Photo/TV Prep
08:45-08:55	CDR	CIR Upper Rack Doors Open
08:55-09:25	CDR	CIR Manifold Bottle Replacement
08:55-09:25	FE-3	CIR Manifold Bottle Replacement
09:15-10:45	<b>FE-2</b>	Replacement of E-K Pre-treat Container and Hose in ACY System. <b>Install Pretreat Container E-K #1003083 (00050922R, CM1PO_4_ACY_454_1). Dispose of Dismantled E-K #1003082 (00050921R) via Soyuz 702 per r/g 7714 line item 9. Update IMS</b>
09:25-09:35	CDR	CIR Upper Rack Doors Close
09:40-09:55	FE-3	CMS and T2 Introduction
09:40-10:55	CDR	Physical Exercise T2
10:05-11:35	<b>FE-4</b>	CALCIUM. Photography of Bioecology cases. <i>Tagup with specialists (S-band)</i>
10:10-11:10	FE-3	Physical Exercise (ARED)
10:15-10:25	<b>FE-1</b>	PLAZMIDA Remove RECOMB-K from CRYOGEM-03 and Setup in TBY (+37). <i>Tagup with specialists (S-band)</i>
10:40-11:05	<b>FE-1</b>	MEMBRANE Setup and Start Experiment 2 with Kit 2. <i>Tagup with specialists (S-band)</i>
10:45-13:05	<b>FE-2</b>	TYPOLOGY Experiment Run. <i>Tagup with specialists (S-band)</i>
11:05-11:20	<b>FE-1</b>	PLAZMIDA Process activation and setup in TBY at +37. <i>Tagup with specialists (S-band)</i>
11:10-11:30	CDR, FE-3	RFTA Closeout Ops
11:20-11:35	<b>FE-1</b>	TYPOLOGY Experiment Assistance

11:30-11:45	CDR, FE-3	RFTA Closeout Ops
11:35-12:00	<b>FE-1</b>	Symbolic Activity Preparation
11:35-12:55	<b>FE-4</b>	Loading disposal hardware to Soyuz 702
11:35-13:05	FE-5	Physical Exercise (ARED)
11:45-12:15	FE-3	Physical Exercise T 2
12:00-12:15	<b>FE-1</b>	PLAZMIDA Process deactivation and setup in TBY at +37 deg. <i>Tagup with specialists (S-band)</i>
12:15-12:30	CDR, FE-3	RFTA Closeout Ops
12:30-12:40	<b>FE-1</b>	PLAZMIDA Removal from TBY to CRYOGEM-03 (+4 deg C). <i>Tagup with specialists (S-band)</i>
12:30-12:50	CDR, FE-3	RFTA Closeout Ops
12:40-13:00	<b>FE-1</b>	MOLNIYA-GAMMA Downlink Science and Service Data from БСПН via RSS1. <i>Tagup with specialists (S-band)</i>
12:50-13:00	FE-3	BCAT6 Camera Check
13:05-14:05		LUNCH
14:05-15:35	<b>FE-2</b>	Symbolic Activity
14:10-14:30	CDR, FE-3, FE-5, <b>FE-4</b>	Symbolic Activity
14:10-14:15	<b>FE-1</b>	MEMBRANE Deactivate Heating Mode. <i>Tagup with specialists (S-band)</i>
14:20-15:50	<b>FE-1</b>	Symbolic Activity
14:30-15:00	CDR, FE-3	Waste Storage Tank Assembly (WSTA) Fill
14:30-15:10	<b>FE-4</b>	Environmental Control - Microbial sample collection1 ( <b>with POTOK deactivated</b> )
14:30-14:40	FE-5	Food Frequency Questionnaire
14:40-14:55	FE-5	Oxygen Level Check
15:00-16:00	CDR, FE-3	Crew Handover
15:10-16:10	<b>FE-4</b>	Physical Exercise (TVIS), Day 3
15:15-15:30	FE-5	Private Medical Conference
15:30-16:30	FE-5	Physical Exercise T 2
15:35-17:00	<b>FE-2</b>	Physical Exercise (VELO)
15:50-16:20	<b>FE-1</b>	ISS Crew Adaptation
16:00-16:20	CDR, FE-3	Advanced Recycle Filter Tank Assembly (ARFTA) Reconfiguration For Urine Processing
16:10-17:50	<b>FE-4</b>	Loading disposal hardware to Soyuz 702
16:20-16:25	CDR, FE-3	WHC – Connected UPA Configuration
16:20-17:50	<b>FE-1</b>	Physical Exercise (TVIS)
16:30-16:40	FE-5	PCS ISL Ethernet Cable Teardown
16:45-17:00	CDR	Private Medical Conference
17:00-17:35	<b>FE-2</b>	CASCADE Mixing in KT, Setup in Thermostatic container (+29 deg C). <i>Tagup with specialists (S-band)</i>
17:00-17:15	FE-3	Private Medical Conference
17:00-18:15	CDR	Physical Exercise (ARED)
17:15-18:00	FE-3	ISS Crew Adaptation
17:50-18:55	<b>FE-2, FE-4</b>	

17:50-18:40	<b>FE-1</b>	Handover to Soyuz 232 crew
18:15-19:05	CDR	Evening Work Prep
18:30-18:35	FE-3	CEVIS Exercise Protocol Swap
18:30-19:05	FE-5	Evening Work Prep
18:35-19:05	FE-3	Evening Work Prep
18:40-19:00	<b>FE-1</b>	MOLNIYA-GAMMA Downlink Science and Service Data from БСПН via RSS1. <i>Tagup with specialists (S-band)</i>
19:05-19:30		Daily Planning Conference ( <i>S-band</i> ). <b>Soyuz 702 Transfers Report</b>
19:30-20:25	CDR	Pre-sleep
19:30-21:30	<b>FE-2, FE-5</b>	Pre-sleep
19:30-21:25	FE-3	Pre-sleep
19:30-19:50	<b>FE-4</b>	MO-21 Prep. Ecosphere Battery Charge
19:30-20:45	<b>FE-1</b>	Pre-sleep
19:50-20:30	<b>FE-4</b>	Pre-sleep
20:25-20:35	CDR	PAO Hardware Setup
20:30-20:45	<b>FE-4</b>	БМП Ф1 Absorption Cartridge Regeneration (termination)
20:35-20:45	CDR	Crew Prep For PAO
20:45-21:15	<b>FE-1</b>	INTERACTION Experiment Ops
20:45-21:30	<b>FE-4</b>	Pre-sleep
20:45-21:05	CDR	PAO Event
21:05-21:30	CDR	Pre-sleep
21:15-21:30	<b>FE-1</b>	SONOCARD Experiment Start
21:25-21:30	FE-3	BCAT Nikon D2Xs Battery Changeout
21:30-06:00		SLEEP
<b>Task List</b>	<b>FE-1</b>	IMS Update
	<b>FE-2</b>	COЖ Maintenance
	<b>FE-4</b>	ECON. Observations and Photography

**Notes:**

1. SM Window #9 shutter opening is at crew discretion w/ **Report to MCC**
2. See OSTP for references to US activities
3. Pre-sleep ops: daily food prep, dinner, pre-sleep
4. **No Access to OSTPV, IP-phone or E-mail: 16:30-18:30 GMT**