

**Crew Health Status MO-12**

<b>Time</b>	<b>Crew</b>	<b>Activity</b>
06:00-06:10	<b>CDR</b>	Morning Inspection. <b>SM ПСС [Caution &amp; Warning Panel] Test</b>
06:00-06:10	<b>FE-2,FE-4, FE-5,FE-6</b>	Morning Inspection
06:05-06:10	FE-3	Morning Inspection
06:00-06:05	FE-3	Reaction Self Test
06:10-06:40	.	Post-sleep
06:40-07:15	<b>CDR,FE-2</b>	Breakfast
06:40-07:15	<b>FE-4,FE-3, FE-5,FE-6</b>	Breakfast
07:15-07:40	.	DPC ( <i>S-band</i> )
07:40-07:55	.	Breakfast
07:55-08:10	.	ISS Crew Weekly Conference with ГОГУ Management Team
08:10-08:30	<b>CDR</b>	Work Prep
08:10-08:20	<b>FE-2</b>	Work Prep
08:10-08:30	<b>FE-4,FE-3,FE-5</b>	Work Prep
08:10-08:25	FE-6	Work Prep
08:20-08:30	<b>FE-2</b>	CASKAD. Manual Mixing in Bioreactor
08:25-08:40	FE-6	PHS hw setup
08:30-11:30	<b>FE-2,FE-4</b>	TVIS semi-annual IFM
08:40-08:55	FE-5 FE-6- <i>помощь</i>	Periodic Health Status
08:45-09:50	<b>CDR</b>	PNEUMOCARD Experiment
08:45-09:45	FE-3	SPDA Jumper Removal
08:55-09:10	FE-6 FE-5- <i>помощь</i>	Periodic Health Status
09:10-09:30	FE-6	Periodic Health Status (PHS) Data Entry and Stowage of All Hardware Used in PHS
09:15-10:50	FE-5	EMU cooling loop scrub, Part 1
09:30-11:00	FE-6	Physical Exercise (ARED)
09:45-10:00	FE-3	RPCM LA1B troubleshooting
09:50-10:50	<b>CDR</b>	Physical Exercise T2
10:00-11:00	FE-3	SPDA Jumper Removal
10:50-11:50	FE-5	Physical Exercise T2
10:50-11:05	<b>CDR</b>	Post-Exercise Hygiene Procedure
11:00-11:10	FE-6	HAM Radio Power Up

11:00-11:10	FE-3	IFM - Gathering RPCM
11:05-11:45	<b>CDR</b>	COЖ Maintenance
11:10-11:20	FE-6	HAM Radio Session Setup
11:10-12:10	FE-3	Physical Exercise (CEVIS)
11:20-11:35	FE-6	HAM Radio Session
11:30-12:45	<b>FE-4</b>	Study of veins in lower extremities
11:30-12:45	<b>FE-2</b>	Physical Exercise (ARED)
11:35-11:50	FE-6	Video Hardware Deactivation post EVA
11:45-12:45	<b>CDR</b>	Replacement of CPBK-2M Gas-Liquid Mixture Filter [ΦΓC] <b>Install filter № 1005018 (ΦΓБ1ΠΓΟ_4_417_1, 00050134R). Removed filter - prepare for disposal. Update IMS</b>
11:50-12:40	FE-6	CWC I laptop transfer
11:50-12:20	FE-5	EMU Cooling Loop Scrub, Part 2
12:30-12:45	FE-5	Private Psychological Conference
12:45-13:45	<b>FE-4,FE-3, FE-5,FE-6</b>	LUNCH
12:45-13:45	<b>CDR,FE-2</b>	LUNCH
13:45-14:00	<b>CDR,FE-2</b>	IMS tagup ( <i>S-band</i> )
13:45-13:55	FE-3	CWC Audit
13:45-13:55	FE-6	Switching WPA from waste water tank to condensate collection Lab tank
13:50-14:00	<b>FE-4</b>	ATV3 Pressurization (start)
14:00-14:50	FE-5,FE-3,FE-6	US Post-EVA Debrief
14:00-14:05	<b>CDR</b>	Comm config for comm session from MRM1
14:00-16:10	<b>FE-2,FE-4</b>	TVIS semi-annual IFM
14:05-16:55	<b>CDR</b>	Installation of TBU-V frame in MRM1. <i>Tagup with specialists from MRM1</i>
14:50-15:00	FE-3	Robotics Work Station (RWS) Teardown in Cupola
14:50-15:15	FE-6	WHC ΕДВ-СВ Manual Fill
15:00-15:15	FE-3	IMS and stowage conference
15:20-16:05	FE-5	EMU cooling loop scrub, Part 3
15:25-16:55	FE-3	Physical Exercise (ARED)
15:55-16:25	FE-6	Physical Exercise T2
16:05-16:20	FE-5	Post-EVA Private medical conference
16:10-16:50	<b>FE-2</b>	TVIS Checkout - Perform Speed Characterization
16:25-16:40	FE-6,FE-5	Post-EVA Airlock reconfig
16:30-18:00	<b>FE-4</b>	Physical Exercise (VELO), Day 3
16:40-16:45	FE-6	UOP 6 LAB and additional loads activation
16:55-17:00	<b>CDR</b>	Comm reconfig in MRM1 for Nominal Ops
16:55-17:10	FE-6	EVA prep tool transfer from USOS to RS
16:55-17:25	FE-3	SSRMS crew debrief

16:55-18:25	FE-5	Physical Exercise (ARED)
17:00-17:20	<b>CDR</b>	IMS Update
17:05-18:05	<b>FE-2</b>	Physical Exercise (TVIS), Day 3
17:20-18:20	<b>CDR</b>	Physical Exercise T2
17:25-17:40	FE-3	BCAT-C1 Image Transfer and camera timer setup
17:25-17:40	FE-6	Post-EVA Private medical conference
17:40-17:45	FE-3	Space Headaches Weekly Questionnaire
18:00-18:15	<b>FE-4</b>	Evening Work Prep
18:05-18:20	<b>FE-2</b>	Post-Exercise Hygiene Procedure
18:15-18:25	<b>FE-4</b>	ATV3 Pressurization Termination
18:25-18:50	.	Daily Planning Conference ( <i>S-band</i> )
18:50-19:10	.	Flight Director / ISS Crew Tagup ( <i>S-band</i> )
19:10-19:30	.	Evening Work Prep
19:30-21:30	<b>CDR,FE-4, FE-5,FE-6</b>	Pre-sleep
19:35-21:20	FE-3	Pre-sleep
19:30-19:40	<b>FE-2</b>	CASKAD. Manual Mixing in Bioreactor
19:40-21:30	<b>FE-2</b>	Pre-sleep
19:30-19:35	FE-3	P/TV Playback Start
21:20-21:25	FE-3	Reaction Self Test
21:25-21:30	FE-3	P/TV Playback Stop
21:30-06:00	.	Sleep
<b>Task List</b>	<b>CDR,FE-2,FE-4</b>	Preparation of reports for Roskosmos site
	<b>CDR,FE-4</b>	ECON Observations and Photography
		Disaster zone 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 VELO Exercise between 22:30- 00:30**
- 5. No access to OCA between 06:00 - 15:15**

End of Radiogram