

**TKГ 424 (DC1) TRANSFERS.LBNP EXERCISE**

TIME	CREW	CREW
06:00-06:10	<b>CDR</b>	Morning Inspection. Laptop RS1(2) Reboot Inspection of CM-Y connector on MHP-HC separator pump in ACY behind panel 139 and line 5182-03 from Pretreat And Water Dispenser (ДКиВ) to MHP in its transparent section
06:00-06:05	<b>FE-1, FE-5</b>	Reading REMINDER on installation of acoustic dosimeters
06:00-06:10	<b>FE-2</b>	Morning Inspection. SM ПСС (Caution & Warning Panel) Test
06:00-06:05	<b>FE-3, FE-6</b>	REMINDER on ARED exercise video
06:05-06:10	<b>FE-1</b>	Morning Inspection. Laptop RSS2 Reboot
06:05-06:10	<b>FE-3</b>	Morning Inspection
06:05-06:10	<b>FE-5</b>	Reading REMINDER
06:05-06:10	<b>FE-6</b>	Reading REMINDER
06:10-06:40	<b>CDR, FE-1, FE-2, FE-3, FE-5</b>	Post-sleep
06:10-06:15	<b>FE-6</b>	Reading REMINDER
06:15-06:30	<b>FE-6</b>	HRF- sampling and stowage of samples
06:30-06:35	<b>FE-6</b>	HRF –insertion of samples into MELFI
06:35-06:50	<b>FE-6</b>	Post-sleep
06:40-07:30	<b>CDR</b>	Breakfast
06:40-07:20	<b>FE-1</b>	Breakfast
06:40-07:30	<b>FE-2</b>	Breakfast
06:40-07:35	<b>FE-3</b>	Breakfast
06:40-07:00	<b>FE-5</b>	Breakfast
06:50-07:20	<b>FE-6</b>	HRF- centrifuge activation and configuration
07:00-07:15	<b>FE-5</b>	HRF – blood sampling (assist)
07:15-07:50	<b>FE-5</b>	Breakfast
07:20-07:30	<b>FE-1</b>	MORZE. Logging Liquid and Food (Medicine) Intake
07:20-07:40	<b>FE-6</b>	Post-sleep
07:30-07:50	<b>CDR, FE-1, FE-2</b>	Work Prep
07:35-07:50	<b>FE-3</b>	Work Prep
07:40-07:50	<b>FE-6</b>	HRF - centrifuge configuration
07:50-08:15	.	Daily Planning Conference (S-band)
08:15-09:10	<b>FE-1</b>	TKГ 424 (DC1) Transfers and IMS Ops
08:15-08:45	<b>FE-3</b>	HMS – sight inspection
08:15-08:30	<b>FE-5</b>	Work Prep
08:15-08:20	<b>FE-6</b>	Post-sleep
08:20-08:25	<b>FE-6</b>	HRF – retrieval of samples and centrifuge deactivation

08:25-09:10	<b>CDR</b>	Crew Departure Prep
08:25-09:10	<b>FE-2</b>	Microbial Air Sampler (MAS) Kit Sample Collection in USOS
08:25-08:30	FE-6	HRF insertion of samples into MELFI
08:30-08:45	FE-6	HRF – closeout ops and equipment stow
08:35-08:55	FE-5	Preparation of acoustic dosimeters
08:45-08:50	FE-3	HMS – sight questionnaire
08:45-09:15	FE-6	Breakfast
08:50-09:05	FE-3	EMU relocation for better access to SSC during troubleshooting
08:55-10:15	FE-5	ARED Exercise
09:05-11:25	FE-3	EMU - troubleshooting
09:10-09:25	<b>CDR, FE-1, FE-2</b>	ABOUT GAGARIN FROM SPACE. HAM Radio Session with D. F. Ustinov VoenMekh BGTU Students (St. Petersburg)
09:15-09:35	FE-6	ZEBRA – water sampling
09:25-09:40	<b>CDR</b>	Crew Departure Prep
09:25-10:05	<b>FE-1</b>	TKГ 424 (DC1) Transfers and IMS Ops
09:25-10:05	<b>FE-2</b>	COЖ Maintenance
09:35-09:55	FE-6	ZEBRA - measurements
09:55-10:55	FE-6	T2 exercise
10:05-11:00	<b>CDR</b>	LBNP Exercise (PRELIMINARY). <i>Tagup with specialists (S-band)</i>
10:05-11:00	<b>FE-1</b>	Assisting with LBNP Exercise
10:15-10:40	FE-5	BLR48 – experiment start
10:40-11:40	FE-5	WHC – refill
10:45-11:00	<b>FE-2</b>	Exercise data downlink
11:00-13:00	<b>CDR</b>	TK 713 Pre-pack
11:00-12:00	<b>FE-2</b>	БД-2 -1 Exercise
11:25-11:55	FE-3	EVA- EMU 3003 install/refill
11:30-13:00	<b>FE-1</b>	ARED Exercise
11:40-11:50	FE-5	Crew prep for PAO
11:50-12:00	FE-5	Equipment setup for PAO
11:55-12:25	FE-3	EMU 3005 cleaning and powerdown
12:00-13:00	<b>FE-2</b>	Microbial Air Sampler (MAS) Kit Sample Collection in USOS
12:00-12:20	FE-5	PAO event
12:10-12:25	FE-6	CRHYT – data recording
12:20-12:30	FE-5	MELF2-equipment installation
12:30-13:30	FE-3, FE-5, FE-6	LUNCH
13:00-14:00	<b>CDR</b>	LUNCH
13:00-13:55	<b>FE-1</b>	LUNCH
13:00-14:00	<b>FE-2</b>	LUNCH
13:30-14:30	FE-3	Condensate sampling

13:30-14:00	FE-5	WHC - refill
13:30-13:50	FE-6	HRF- equipment installation
13:50-14:05	FE-6	BODYM – equipment setup and preparation for measurements
13:55-14:00	<b>FE-1</b>	MORZE. Logging Liquid and Food Intake (Medicine)
14:05-14:30	FE-6	ATV cabin fan cleaning and photography
14:15-14:45	<b>CDR</b>	Replacement of Urine receptacle <b>МП No.0240019 (00063470R, CM1PO_1_138_1)</b> and filter-insert <b>Ф-В No.1303261 (00062574R, CM1PO_1_138_1, cover 1200024 (00045144R))</b> Reflect changes in IMS
14:15-14:45	<b>FE-1, FE-5</b>	EKAM - Experiment OBT
14:15-16:50	<b>FE-2</b>	Surface Sample Kit (SSK) Collection/Incubation in USOS
14:30-14:40	FE-3	Search for batteries and their installation in MARES equipment.
14:30-14:35	FE-6	Video equipment setup for ARED exercise shooting
14:35-16:05	FE-6	ARED Exercise
14:40-15:10	FE-3	CUBESAT – review
14:45-16:00	<b>CDR</b>	TK 713 Pre-pack
14:45-16:45	<b>FE-1</b>	EKAM – equipment installation in Node2
14:45-15:15	FE-5	EKAM - equipment installation in Node2
15:15-16:10	FE-5	Radiation monitors installation
15:30-16:30	FE-3	T2 Exercise
16:00-17:30	<b>CDR</b>	БД-2 -3 Exercise
16:05-17:05	FE-6	Crew Departure Prep
16:10-17:10	FE-5	Crew Departure Prep
16:45-17:05	<b>FE-1</b>	IMS update
16:50-17:50	<b>FE-2</b>	SM interior panels photography
17:05-17:25	<b>FE-1</b>	MORZE. Prep ops
17:05-17:15	FE-6	Private conference with exercise specialist
17:15-18:00	FE-6	Crew Departure Prep
17:20-17:25	FE-3	Check camcorder settings for photo/TV
17:25-18:25	<b>FE-1</b>	БД-2 -2 Exercise
17:25-18:50	FE-3	ARED Exercise
17:30-18:45	<b>CDR</b>	TK 713 Pre-pack
17:45-18:55	FE-5	T2 Exercise
17:50-18:50	<b>FE-2</b>	VELO Exercise, Day 1
18:00-18:10	FE-6	PL «Zebrafish»: retrieval from MELFI for buffer treatment
18:10-18:30	FE-6	PL «Zebrafish»: replacement of fixing solution
18:25-18:55	<b>FE-1</b>	Evening Work Prep
18:30-18:40	FE-6	PL «Zebrafish»: insertion into MELFI for buffer treatment
18:45-18:55	<b>CDR</b>	Evening Work Prep
18:45-18:55	FE-6	CRHYT – equipment stow
18:50-18:55	<b>FE-2</b>	Evening Work Prep

18:50-18:55	FE-3	Video equipment stow after ARED exercise shooting
18:55-19:20	.	Daily Planning Conference (S-band)
19:20-19:30	<b>CDR, FE-2, FE-5, FE-6</b>	Evening Work Prep
19:20-19:30	FE-3	Pre-sleep
19:25-19:55	<b>FE-1</b>	Pre-sleep
19:30-21:30	<b>CDR, FE-2</b>	Pre-sleep
19:30-19:35	FE-5	Reading REMINDER
19:30-21:15	FE-6	Pre-sleep
19:35-21:30	FE-5	Pre-sleep
19:40-21:30	FE-3	Pre-sleep
19:55-20:00	<b>FE-1</b>	MORZE. Logging Liquid and Food (Medicine) Intake
20:00-21:30	<b>FE-1</b>	Pre-sleep
21:15-21:20	FE-6	Reading REMINDER on urine collection
21:20-21:25	FE-6	Reading REMINDER
21:25-21:30	FE-6	Reading REMINDER
21:30-06:00	.	SLEEP
<b>Task List</b>	<b>CDR, FE-1, FE-2</b>	Preparation of reports for Roscosmos site
		ECON-M. Observations and Photography

**Notes:**

1. See OSTPV for references to US activities.
2. Pre-sleep ops: daily food prep, dinner, pre-sleep
3. Russian crew uses US exercise equipment strictly per F24 or OSTPV
4. T2 exercise constraint at 22:00 - 22:40