

SM AO KURS BACKUP TEST. VHF1 (H27) TEST.

GMT	CREW	ACTIVITY
06:00-06:10		Morning inspection
06:10-06:35	FE-2	Post-sleep
06:10-06:40	FE-1	
06:10-06:30	CDR	Nutrition: urine collection
06:30-06:45		Nutrition: urine sample insertion in MELFI freezer
06:35-06:40	FE-2	SKIN. Cream application to hand
06:40-07:30	FE-1	BREAKFAST
06:45-07:00	FE-2	Nutrition: blood sample collection for analysis
	CDR	Nutrition: blood sample collection
07:00-07:50	FE-2	BREAKFAST
07:00-07:10	CDR	Post-sleep
07:10-07:20		Nutrition: setting up and loading refrigerated centrifuge
07:20-07:30		Nutrition: refrigerated centrifuge config
07:30-07:45		Post-sleep
07:30-08:00	FE-1	Work prep
07:45-08:05	CDR	Nutrition: blood sample insertion into MELFI
07:50-08:15	FE-2	Work prep
08:05-08:15	CDR	Post-sleep
08:15-08:30	.	Daily Planning Conference (<i>S-band</i>)
08:30-09:15	CDR	BREAKFAST
08:30-10:30	FE-1	Routing cables 17KC.10IO 8210A-10730 (-10870,-10940,-10950,-10960). <i>Tagup (S-band)</i>
08:35-08:55	FE-2	ПК-3 PLUS. Experiment setup. <i>Tagup (S-band)</i>
08:55-09:45		ПК-3 PLUS. Evacuation of Experimental Unit [ЭБ] Lines and Working Chamber. <i>Tagup (S-band)</i>
09:20-09:40	CDR	Nutrition: Cleaning Refrigerated Centrifuge and equipment stow
09:40-09:55		Crew discretionary conference (<i>S-band</i>)
09:45-10:35	FE-2	ПК-3 PLUS. Software Update. <i>Tagup (S-band)</i>
09:55-10:55	CDR	Physical Exercise (RED)
10:30-13:00	FE-1	PROFILAKTIKA. Force Loader (HC-1) experiment. <i>Tagup (S-band)</i>
10:35-11:05	FE-2	ПК-3 PLUS. Hardware calibration and testing. <i>Tagup (S-band)</i>
10:55-12:25	CDR	Physical Exercise (CEVIS)
11:10-11:35	FE-2	ISS-MCC TV. LDM PAO ($T_0=11:12, T_1, T_2, T_3$ - from СПП)
11:35-13:05		Physical Exercise (RED)
12:25-12:45	CDR	Nutrition: urine collection
12:45-13:00		Nutrition: urine sample insertion in MELFI freezer
13:00-14:00	CDR, FE-1	LUNCH
13:05-14:05	FE-2	
14:00-14:20	CDR	Nutrition: urine collection
14:00-14:30	FE-1	Crew Medical Officer (CMO) proficiency training

14:05-14:10	FE-2	PK-3 PLUS. Leak check after evacuation. <i>Tagup (S-band)</i>
14:10-14:15	FE-2	ERB. Battery charging
14:15-14:30	FE-2	Private Medical Conference (<i>S-band</i>)
14:20-14:35	CDR	Nutrition: urine sample insertion in MELFI freezer
14:30-15:00	FE-1	REFLOTRON hardware health check
14:30-14:40	FE-2	VHF1 Test.
14:35-15:05	CDR	Crew Medical Officer (CMO) proficiency training
14:40-15:10	FE-2	COЖ maintenance
15:00-15:15	FE-1	Private Medical Conference (<i>S-band</i>)
15:05-15:15	CDR	PAO hardware setup
15:10-15:15	FE-2	Signal Video Converter (SVG) power up
15:15-15:25		Crew prep for PAO
15:25-15:45		PAO event (Telemundo and Univision networks) (<i>S-band</i>)
15:45-16:45	FE-1	Routing cables 17KC.10Ю 8210A-10730 (-10870,-10940,-10950,-10960). <i>Tagup (S-band)</i>
	FE-2	Physical Exercise (TVIS) day 2
15:50-16:00		Disconnect EXPRESS Rack 1(ER1) from ITCS
16:10-16:25	CDR	Private Medical Conference (<i>S + Ku-band</i>)
16:25-16:45		HRF1: A31p Laptop checkout
16:45-18:15	FE-1, FE-2	DVD4. Prep and demonstration 3. <i>Tagup as necessary (S-band)</i>
17:05-17:10		ALTEA - dosimeter checkout
17:10-17:30		Nutrition: urine collection
17:30-17:45	CDR	Nutrition: urine sample insertion in MELFI freezer
17:45-18:05		IMS update
18:05-18:10		Transfer TVIS, RED, HRM, and CEVIS data to MEC
18:10-18:30		Report prep
18:15-18:30		FE-1
18:15-18:20	FE-2	PK-3 PLUS. Leak check after evacuation. <i>Tagup (S-band)</i>
18:20-18:25		ERB. Battery charging
18:30-18:45		Daily Planning Conference (<i>S-band</i>)
18:45-19:30	FE-1, FE-2	Report prep
18:45-19:25	CDR	
19:25-19:30	CDR	HRF1: A31p Laptop checkout (termination)
19:30-20:00		DINNER
20:00-20:30	CDR, FE-1	Daily Food Prep
	FE-2	Daily Food Prep
20:30-21:25	FE-2	
20:30-21:30	FE-1	Pre-sleep
20:30-21:15	CDR	
21:15-21:30	CDR	Questionnaire - log entry
21:25-21:30	FE-2	PK-3 PLUS. Turbo-pump deactivation
21:30-06:00		SLEEP

Note: See OSTP for references to US activities.
End of Radiogram