

**SM SA 2, 4 EFFICIENCY TEST IN [OCK] ATTITUDE**

| GMT              | CREW       | ACTIVITY                                                                                               |
|------------------|------------|--------------------------------------------------------------------------------------------------------|
| 06:00-06:10      |            | Morning inspection                                                                                     |
| 06:10-06:40      |            | Post-sleep                                                                                             |
| 06:40-07:30      |            | BREAKFAST                                                                                              |
| 07:30-10:30      | CDR        | Weekly housekeeping (FGB ventilation system preventive maintenance) Cleaning area behind panels in DC1 |
|                  | FE-1, FE-2 | Weekly Housekeeping                                                                                    |
| 10:30-12:00      | FE-1       | Physical Exercise (TVIS)                                                                               |
| 10:45-12:15      | FE-2       | Physical Exercise (RED)                                                                                |
| 12:05-13:35      | CDR        | Physical Exercise (TVIS), day 1                                                                        |
| 12:20-12:35      | FE-2       | LDM HAM radio session                                                                                  |
| 13:00-13:15      | FE-1       | Final printout of EVA procedures                                                                       |
| 13:35-14:05      |            | Weekly planning conference ( <i>S-band</i> )                                                           |
| 14:05-15:05      |            | LUNCH                                                                                                  |
| 15:05-15:10      | CDR        | <b>On MCC Go</b> ISS O2 repress from Progress 356 CpПК (start)                                         |
| 15:15-15:30      | FE-2       | Private psychological conference ( <i>S-band</i> )                                                     |
| 16:05-16:10      | CDR        | ISS O2 repress using Progress 356 CpПК (terminate)                                                     |
| 16:25-16:55      | CDR        | COЖ maintenance.                                                                                       |
| 16:45-17:45      | FE-1       | Physical exercise (RED)                                                                                |
| 16:45-17:45      | FE-2       | Physical Exercise (TVIS)                                                                               |
| 18:15-19:15      | CDR        | Physical Exercise (VELO + Force Loader 1), day 1                                                       |
| 19:10-19:15      | FE-1       | OCA SSC router reboot                                                                                  |
| 19:15-19:20      | FE-1       | Transfer TVIS, RED, HRM, and CEVIS data to MEC                                                         |
| 19:20-19:30      | FE-1       | O2 level check                                                                                         |
| 19:30-20:00      |            | DINNER                                                                                                 |
| 20:00-20:30      |            | Daily food prep                                                                                        |
| 20:30-21:30      |            | Pre-sleep                                                                                              |
| 21:30-06:00      |            | SLEEP                                                                                                  |
| <b>Task List</b> | CDR        | STATOKONIA. APT temperature check                                                                      |
|                  |            | PLANTS-2. Recharging water tank                                                                        |
|                  |            | URAGAN. Observation and photography                                                                    |
|                  |            | Removable Cassette Containers [CKK]. Photography of cassettes #5 and #2                                |
|                  |            | Search for Converter-Amplifiers [БПУ] Beta-8 #61 and #63                                               |

**Note:** See OSTP for references to US activities.

End of Radiogram