

LBNP Exercise (Preliminary).

GMT	CREW	ACTIVITY
04:00-04:10		Morning inspection
04:10-05:00	FE-1-14	Post-sleep
04:10-04:40	SFP, FE-1, FE-2, CDR-14	Post-sleep
04:10-04:20	CDR	IMMUNO. Saliva test
04:20-04:45	CDR	Post-sleep
04:40-05:00	SFP	BREAKFAST
04:40-05:30	FE-1, FE-2, CDR-14	BREAKFAST
04:45-04:50	CDR	IMMUNO. Log entry, morning use of ACY, start of collection
04:50-05:00	CDR	IMMUNO. First stress test, questionnaire data entry
05:00-05:15	FE-1-14, CDR	IMMUNO. Venous blood collection
05:00-05:15	SFP	Earth photo/video ops
05:15-05:45	SFP	BREAKFAST
05:15-05:35	CDR	IMMUNO. Venous blood sample processing (smear), transfer to stowage
05:20-05:35	FE-1-14	IMMUNO. Venous blood sample processing. Blood sample centrifuge processing
05:30-06:00	FE-2, CDR-14, FE-1	Work prep
05:35-06:25	CDR	BREAKFAST
05:35-06:05	FE-1-14	BREAKFAST
05:45-06:05	SFP	Work prep
06:05-06:35	FE-1-14	Work prep
06:05-06:15	SFP	Private family conference (VHF)
06:25-06:40	CDR	IMMUNO. Urine sample collection and fluid / medications intake log entry
06:40-06:55	ISS-13, ISS-14	Daily Planning Conference (S-band)
06:55-08:05	CDR-14, FE-1	Expedition 13 / Expedition 14 crew handover
06:55-07:25	CDR	Work prep
07:00-08:00	SFP	Photo/video-ops
07:00-08:00	FE-1-14	Assistance in photo/video ops
07:30-07:55	FE-2	LDM PAO (To=07:23, T1, T2, T3 from СПП)
07:35-07:50	CDR	URAGAN. Observations and photography
08:00-08:20	FE-2, FE-1-14	Verify ИП-1 sensor installation
08:00-08:30	CDR	VOLNY [WAVES]. Copying data to hard drive. Tagup (S-band)
08:20-09:20	FE-2	Physical Exercise (TVIS) day 2
08:30-09:15	CDR, FE-1-14	Expedition 13 to Expedition 14 crew handover
08:50-09:00	CDR-14, FE-1	Payload status check
09:00-10:00	FE-1	Physical Exercise (RED)
09:15-09:20	FE-1-14	Private medical conference (for the Bracelet questionnaire) (VHF) /
09:15-09:30	SFP	VC11 HAM radio session

09:15-10:15	CDR	LBNP Exercise (PRELIMINARY) <i>Tagup (S-band)</i>
09:20-10:15	FE-2-assistance	
09:30-09:40	CDR-14	SLEEP. Setting up time (the first time)
09:40-10:05	CDR-14	SLEEP. Installation of Li batteries
10:00-11:00	FE-1	Physical Exercise (TVIS)
10:05-10:20	CDR-14	SLEEP. Stowage.
10:10-10:25	SFP	Private conference using IP-Phone
10:20-10:25	CDR-14	SLEEP. Setup and donning
10:25-10:40	CDR	VOLNY [WAVES]. Copying data to return hard drive. <i>Tagup (S-band)</i>
10:35-10:50	FE-2	LDM HAM radio session
10:55-11:00	FE-2	On MCC Go ISS O2 repress from Progress CpПK (start)
11:00-12:00		LUNCH
12:00-13:15	FE-1, CDR-14	Expedition 13 / Expedition 14 crew handover
12:00-12:05	FE-2	ISS O2 repress from Progress CpПK (terminate)
12:00-12:15	SFP	E-MAIL ops
12:00-12:15	CDR	IMMUNO. Urine sample collection and fluid / medications intake log entry
12:05-12:25	FE-2	IMS update
12:15-13:15	CDR, FE-1-14	Expedition 13 to Expedition 14 crew handover
12:25-12:55	FE-2	COЖ Maintenance
12:55-13:05	FE-2	PAO hardware setup
13:15-13:25		Crew prep for PAO
13:25-13:45		Joint press conference with journalists from MCC-H (<i>Ku + S-band</i>)
13:45-15:45	SFP	Symbolic activity. VC ops
13:45-14:40	CDR, FE-1-14	Expedition 13 to Expedition 14 crew handover
13:45-15:50	FE-1, CDR-14	Expedition 13 / Expedition 14 crew handover
14:25-15:55	FE-2	Physical Exercise (RED)
14:40-14:55	CDR	IMMUNO. Urine sample collection and fluid / medications intake log entry
14:55-15:55	FE-1-14	Symbolic activity. VC ops (assistance 1)
14:55-15:55	CDR	Physical Exercise (TVIS), day 4
15:45-15:55	SFP	LOW BACK PAIN (MUSCLE) -Low Back Pain Questionnaire
15:55-16:05	ISS-13, ISS-14	Crew prep for PAO
16:05-16:45	SFP	Evening work prep
16:05-16:25	ISS-13, ISS-14	PAO event (<i>Ku + S-band</i>)
16:25-16:35	FE-2	Post-PAO equipment stowage
16:25-16:45	CDR	IMMUNO. Questionnaire and saliva sample collection
16:25-16:45	ISS-14	Work prep
16:30-16:45	FE-1	Questionnaire - log entry
16:40-16:45	FE-2	Transferring TVIS, RED, and HRM data to MEC
16:45-17:00	ISS-13, ISS-14	Daily Planning Conference (<i>S-band</i>)
16:45-17:00	SFP	VC11 HAM radio session (Session 2)

17:00-17:30	CDR	DINNER
17:00-17:30	FE-2, FE-1	Evening work prep
17:00-17:15	CDR-14, FE-1-14	Evening work prep
17:15-17:45	ISS-14, SFP	DINNER
17:30-18:00	FE-1, FE-2	DINNER
17:30-18:00	CDR	Daily Food Prep
17:45-18:20	SFP	Daily food prep
17:45-18:15	ISS-14	Daily food prep
18:00-18:20	FE-1	Daily food prep
18:00-18:15	CDR	IMMUNO. Urine sample collection and fluid / medications intake log entry
18:00-18:30	FE-2	Daily Food Prep
18:15-18:30	CDR	IMMUNO. First urine sample collection from Urine receptacles
18:15-18:30	ISS-14	Private Medical Conference (<i>Ku + S-band</i>)
18:20-18:25	FE-1	HAM radio setup
18:25-18:35	FE-1	HAM radio session
18:30-19:30	CDR, CDR-14, FE-1-14, FE-2	Pre-sleep
18:35-19:30	FE-1, SFP	Pre-sleep
19:30-04:00		SLEEP
Task List	CDR	PLANTS-2. Payload status check

Note: 1. See OSTP for references to US activities.

2. Window No. 9 opening/closing time – **crew's discretion**

End of Radiogram