

SOYUZ 218 СУД TEST BEFORE UNDOCKING. HANDOVER TO ISS-14.

GMT	CREW	ACTIVITY
03:00-03:10	.	Morning inspection
03:10-03:30	ISS13,SFP,FE-1-14	Post-sleep
03:10-03:25	CDR-14,FE-2	Post-sleep
03:25-04:15	FE-2,CDR-14	BREAKFAST
03:30-03:55	SFP FE-1-14 (assists)	TV PAO. Interview with relatives and friends (To=03:26, T1, T2 from СПП)
03:30-04:15	CDR,FE-1	BREAKFAST
03:55-04:05	SFP	Post-sleep
03:55-04:15	FE-1-14	BREAKFAST
04:05-04:55	SFP	
04:15-04:30	ISS13,ISS14	Daily Planning Conference (<i>S-band</i>)
04:30-05:30	CDR,FE-1	Soyuz 218 СУД test before undocking
04:30-04:45	ISS14,FE-2	Post-sleep
04:45-05:15	FE-1-14	Work prep
04:45-05:10	CDR-14,FE-2	
04:55-05:15	SFP	Work prep
05:10-05:20	FE-2	NOA1 (ESANO1). Hardware setup and activation / r/g 3768
05:10-05:40	CDR-14	EMU Cooling Loop Scrub
05:15-05:25	SFP	Private Family Conference (<i>VHF</i>)
05:30-05:55	CDR	MATRYOSHKA-R. BUBBLE-dosimeter closeout ops and MMC card transfer to Soyuz
05:40-05:55	ISS14	CMS exercise overview
05:50-06:05	FE-2	NOA (ESANO1). Measurements and filling e-log
06:05-06:30	CDR	NOA (ESANO1). Measurements and close out ops
06:05-06:20	FE-2	Verify ИП-1 sensor installation
06:20-06:40	FE-1,CDR-14	Terminate BSA battery charge
06:30-07:30	FE-1-14	Physical Exercise (VELO+Load Trainer-1)
06:40-07:10	CDR	КЛ-154 TV-camera test (TV playback) (<i>VHF</i>)
	FE-1	Psychological Evaluation Program (WinSCAT)
06:40-07:00	CDR-14	Start BSA battery charge
07:00-07:15	FE-2	RENAL Sample Tube Dispenser Photo
07:00-07:20	CDR-14	EMU Cooling Loop config
07:20-08:30	CDR-14,FE-1	ISS-13 / ISS-14 Crew Handover
07:30-08:30	CDR	Physical Exercise (TVIS) Day 2
07:30-08:30	FE-1-14	Photo and video ops assistance
07:30-08:30	SFP	Photo/video ops
08:30-08:45	SFP	VC-11 HAM radio session
08:30-09:30	FE-1	Physical Exercise (TVIS)
08:45-10:45	CDR,FE-1-14	ISS-13 to ISS-14 Crew Handover

08:50-09:10	FE-2	Private Family Conference (<i>Ku + S-band</i>)
09:30-09:45	CDR-14	CEVIS exercise protocol change
09:30-10:30	FE-1	Physical Exercise (RED)
09:40-10:40	FE-2	Physical Exercise (TVIS) day 4
09:45-10:15	CDR-14	Heart Rate Monitor (HRM) – software preparation
10:15-10:45	CDR-14	EMU Cooling Loop Scrub (terminate)
10:25-10:40	SFP	Private conference using IP-Phone
10:30-10:45	FE-1	Private Medical Conference (<i>Ku + S-band</i>)
10:40-10:45	FE-2	On MCC GO ISS O2 repress from Progress 357 CpПК (start)
10:45-11:45	.	LUNCH
11:45-14:45	FE-1,CDR-14	EMU sizing
11:45-15:00	CDR,FE-1-14	ISS-13 to ISS-14 Crew Handover
11:45-11:50	FE-2	ISS O2 repress from Progress CpПК (terminate)
11:45-12:00	SFP	E-MAIL ops
11:50-13:20	FE-2	ACY pretreat container E-K #502007 and hose (00037222R, ФГБ1ПГО_3_304_1) swap out
13:20-14:50	FE-2	Physical Exercise (CEVIS)
14:45-15:45	FE-1	Fluid Servicing System (FSS) installation
14:50-15:10	FE-2	IMS update /RODF Auxiliary Computer Systems [BKC], items 3.4-3.7, pp. 3-2 through 3-3
15:00-16:00	CDR	Physical Exercise (TVIS) Day 2
15:10-15:40	FE-2	COЖ maintenance.
15:15-15:30	ISS14	Private Medical Conference (<i>Ku+S-band</i>)
15:30-16:00	SFP	Photo/video ops
15:30-16:00	FE-1-14	Photo and video ops assistance
15:30-16:30	CDR-14	Physical Exercise (CEVIS)
15:55-16:10	FE-1	Private Psychological Conference (<i>S-band</i>)
16:05-16:15	SFP	LOW BACK PAIN (MUSCLE) -Low Back Pain Questionnaire
16:10-16:15	FE-2	Transferring TVIS, RED, and HRM data to MEC
16:15-17:15	SFP	Evening work prep
16:15-16:50	CDR,FE-2,FE-1-14	Evening work prep
16:30-16:50	FE-1,CDR-14	
16:50-17:05	ISS13,ISS14	Daily Planning Conference (<i>S-band</i>)
17:05-17:30	ISS13,ISS14	Evening work prep
17:15-17:45	SFP	DINNER
17:30-18:00	CDR,FE-1,FE-2	
17:30-18:00	CDR-14,FE-1-14	
17:45-18:15	SFP	Daily food prep
18:00-18:30	ISS13,ISS14	Daily food prep
18:15-19:05	SFP	Pre-sleep
18:30-19:30	ISS13,ISS14	
19:05-19:20	SFP	VC-11 HAM radio session / <i>r/g 3754</i>
19:20-19:30	SFP	Pre-sleep
19:30-04:00	.	SLEEP

Note: See OSTP for references to US activities.

End of Radiogram