

REPLACING ACY COMPONENTS. ROKVISS EXPERIMENT.

GMT	CREW	ACTIVITY
06:00-06:10		Morning inspection
06:10-06:20	FE-1	Hematocrit. Hematocrit test
06:10-06:20	FE-2	Post-sleep
06:10-06:30	CDR	
06:20-06:50	FE-1	
06:20-06:30	FE-2	Hematocrit. Hematocrit test
06:30-06:40	CDR	
06:30-06:50	FE-2	Post-sleep
06:40-06:45	CDR	Hematocrit. Equipment stow.
06:45-06:55	CDR	Post-sleep
06:50-07:40	FE-1, FE-2	BREAKFAST
06:55-07:45	CDR	
07:40-08:00	FE-2	Work prep
07:45-08:00	CDR, FE-1	
08:00-08:15	.	Daily planning conference (<i>S-band</i>)
08:15-08:30	CDR, FE-1	Work prep
08:15-10:45	FE-2	Progress 357 unloading and IMS updates
08:30-11:50	FE-1	Replacement of ACY Receptacle and Hoses
08:30-09:10	CDR	Renal Stone: Computer Based Training
09:10-09:25	CDR	Renal Stone: diet log
09:25-09:45	CDR	HRF1: A31p Laptop set up
09:45-10:40	CDR	ISS Crew Adaptation
10:40-10:55	CDR	Set up video equipment for video imagery of exercise with RED
10:45-11:15	FE-2	TVIS Isolation Restorative Bungee Assembly (IRBA) Remove and Replace
10:55-11:15	CDR	HRF1: A31p Laptop checkout
11:15-11:35	CDR	POEMS - Sample Insertion into MELFI
11:25-11:35	FE-2	MELFI - Historical Documentation Photographs
11:35-13:05	CDR	Physical Exercise (CEVIS)
11:35-13:05	FE-2	Physical Exercise (RED)
11:55-12:55	FE-1	Physical Exercise (VELO + Load Trainer-1) day 3
12:55-13:00	FE-1	On MCC Go ISS 02 repress from Progress CpПK (start)
13:00-14:00	FE-1	LUNCH
13:05-14:05	CDR, FE-2	LUNCH
14:00-14:05	FE-1	ISS 02 repress from Progress CpПK (terminate)
14:05-16:05		Emergency Egress Drill. <i>Tagup as necessary (S-band)</i>
16:05-17:05	FE-2	Physical Exercise (TVIS) day 2
16:05-16:20	FE-1	Private Medical Conference (<i>S + Ku-band</i>)
16:10-16:15	CDR	HRF1: A31p Laptop checkout (termination)

16:15-17:15	CDR	Physical Exercise (RED)
16:20-17:10	FE-1	ISS Crew Adaptation
17:05-17:20	FE-2	Holter. Replacing batteries.
17:15-17:30	CDR	Stow video equipment used to record the RED exercise
17:20-17:35	FE-2	Private Medical Conference (<i>S + Ku-band</i>)
17:10-18:40	FE-1	Physical Exercise (TVIS), day 3
17:30-17:50	CDR	IMS Update
17:35-18:05	FE-2	COЖ maintenance
17:50-18:05	CDR	Private Medical Conference (<i>S + Ku-band</i>)
18:05-18:50	CDR	Evening work prep
18:05-18:25	FE-2	Replacement of ODF Auxiliary Computer Systems [BKC]
18:25-18:55	FE-2	Evening work prep
18:50-18:55	CDR	Transfer TVIS, RED, HRM, and CEVIS data to MEC
18:40-19:05	FE-1	TV greetings dedicated to the 15 th Anniversary of the First Kazakh cosmonaut's flight (To=18:41, T1,T2,T3 from СПП)
18:55-19:05	CDR, FE-2	TV greetings dedicated to the 15th Anniversary of the First Kazakh cosmonaut's flight
19:05-19:20		Daily Planning Conference (<i>S-band</i>)
19:20-19:30	FE-1, FE-2	Evening work prep
19:20-19:45	CDR	DINNER
19:30-20:00	FE-1, FE-2	DINNER
19:45-20:15	CDR	Daily food prep
20:00-20:30	FE-1, FE-2	Daily food prep
20:15-21:15	CDR	Pre-sleep
20:30-21:30	FE-1, FE-2	Pre-sleep
21:15-21:30	CDR	Questionnaire - journal entry
21:30-06:00		SLEEP

Note: See OSTP for references to US activities.

End of Radiogram