

LBNP Exercise

GMT	Crew	Activity
13:45–14:10		Morning inspection
14:10–14:40		Post-sleep
14:40–15:15		BREAKFAST
15:15–18:15		Weekly housecleaning
18:15–18:45	FE-1	PDC removal
18:20–18:35	CDR, FE-2	Setup for TV pass (T₀=18:20, T1, T2 & T3 will be activated by the Automated Daily Timeline [СПП])
18:35–18:50		TV Address: 45 th Anniversary of the Chief Directorate of the Russian Ministry of Interior
18:50–19:50	FE-1	Physical exercise (TVIS)
18:55–19:00	CDR	Inspection of BP fan in CKB1(2)
19:00–19:05		Inspection of БРПК separator
19:35–20:30	CDR, FE-2 assist	LBNP (ОДНТ) exercise (T₀=20:00) Tagup w/ ground specialist (VHF)
19:50–21:20	FE-1	Physical exercise (RED)
20:30–21:10	FE-2	Maintenance of COЖ
21:10–22:05	CDR assist, FE-2	LBNP (ОДНТ) exercise (T₀=21:35) Tagup w/ ground specialist (VHF)
22:00–23:00	FE-1	LUNCH
22:05–23:00	CDR, FE-2	
23:00–23:10	FE-1	LAB payload status check
00:30–01:30	CDR	Physical exercise (TVIS-4)
01:30–02:30	FE-2	
03:00–03:30		DINNER
03:30–04:00		Daily food prep
04:00–05:00		Pre-sleep
05:00–14:15		SLEEP

Notes:

See OSTP for references to US procedures

Task List : CDR : URAGAN Earth observations

End of radiogram