

“Kurs” system test from FGB -Y side (2 sets)

06:00 - 06:10		Morning inspection of the station
06:10 - 06:40		Post-sleep
06:40 - 07:00	CDR	Installation of equipment for PCBA blood test: per ÎÑÀ_0416
06:40 - 06:50	FE-1	Humidity check at B1 connector in the ÁÐÏË-1
07:00 - 07:30	CDR	PCBA blood test - CMO : per ÎÑÀ_0416
07:00 - 07:30	PLT	PCBA blood test (“patient”): per ÎÑÀ_0416
07:30 - 08:00	CDR	PCBA blood test -CMO : per ÎÑÀ_0416
07:30 - 08:00	FE-1	PCBA blood test (“patient”): per ÎÑÀ_0416
08:00 - 08:30	FE, CDR	PCBA blood test (“CDR is the patient”): per ÎÑÀ_0416
08:15 - 08:25	PLT	Tests after installation of ÁÑÁ-92 Regul 2 / ÐÒËÑ Ì sect.2.5.1 p.2-3, sect.2.13.2 p.2-17
08:30 - 08:50	CDR	PCBA equipment stowage; per ÎÑÀ_0416
08:50 - 09:40		Breakfast
09:40 - 10:10		Weekly planning conference
10:10 - 10:40		Prep for work
10:40 - 10:45	CDR	FMK ops: per ÎÑÀ_0416
11:15 - 11:50		PAO event. TV coverage via OCA "Merry Christmas"
11:50 - 12:50	CDR	Physical exercises IRED
11:50 - 12:50	FE-1	Physical exercises. Active rest.
11:50 - 12:15	PLT	Physical exercises. Active rest.
12.15 – 12.30	PLT	Óðääáí. Visual observations (if possible); per r/g 162
12:30 - 12:50	PLT	Physical exercises. Active rest.
12:50 - 14:20		Lunch
14:20 - 16:20	CDR	Periodic Health Status Evaluation - Ñ Ì Î (“doctor”)/PHS: per ÎÑÀ_0416
14:20 - 14:50	PLT	Periodic Health Status Evaluation (“patient”)/ PHS: per ÎÑÀ_0416
14:50 - 15:50	FE-1	Periodic Health Status Evaluation (“patient and CMO “doctor”)/ PHS: per ÎÑÀ_0416
15:30 - 15:50	PLT	Delta file d/l prep
15:50 - 17:50	PLT, FE-1	ÁÏÖ and jumper cable installation to cut off FGB C&W : per r/g 315
16:20 - 16:50	CDR	FPP Reactivation : per OCA_0663
16:55 - 17:25	CDR	Psychological evaluation program (WinSCAT): OCA_0416
17:25 - 18:25	CDR	Physical exercises. TVIS
17:50 - 18:50	FE-1, PLT	Physical exercises. Active rest.
18:25 - 18:55	CDR	Fam with the next day plan
18:50 - 19:10	FE-1	Fam with the next day plan
18.54 – 19.04	PLT	Talk to the family
18:55 - 19:25	CDR	Prep the report
19:10 - 19:25	PLT, FE-1	Prep the report
19:25 - 19:55		Dinner
19:55 - 20:25		Prep food daily ration
20:25 - 20:40		Daily evening planning conference
20:40 - 21:30		Pre-sleep
21:30 - 06:00		Sleep
End of r/g		