

ÐÄÐ ÄÄ-3 ä Ñ Ì

Time		Crew	Activity	Flight procedure	Paragraph or R/G
06:00	06:10		Morning station inspection		
06:10	06:40		Post-sleep		
06:40	07:00	FE-1,PLT	Hematocrine number	Ì Ì book 2	Par.3.10.1, pp.3-65 - 3-67
07:00	07:20	FE-1,PLT	Preparation for "Ñ ÌÐÓÓ" (SPRUT) Experiment	Ì Ý	
07:20	07:40	FE-1	"Ñ ÌÐÓÓ". Research of the state of human fluid medium.	Ì Ý	Par.2, pp.2-1 to 2-22
07:20	07:40	PLT	"Ñ ÌÐÓÓ". Assistance.	Ì Ý	
07:40	08:00	PLT	"Ñ ÌÐÓÓ". Research of the state of human fluid medium.	Ì Ý	
07:40	08:00	FE-1	"Ñ ÌÐÓÓ". Assistance.	Ì Ý	
08:00	08:20	FE-1,PLT.	"Ñ ÌÐÓÓ". Closeout activity.	Ì Ý	
08:20	09:10		Breakfast		
09:10	09:30		Preparation for work		
09:30	09:45		Daily planning conference		
09:45	10:15		Monthly TVIS maintenance	ISS MEDICAL OPERATION/S/NOMINAL: CMS: TREADMILL WITH VIBRATION ISOLATION AND STABILIZATION :TVIS-MONTALY MAINTENANCE	
10:15	10:25	ËÝ	IFM of RED equipment bolts		
10:15	10:45	FE-1	Storage battery 3 (ÄÄ-3) restoration/repair in S Ì		R/G 388
10:15	10:45	PLT	Moisture removal from ÑÄÄ2		
10:25	10:45	CDR	Periodic inspection of RED	ISS MEDICAL OPERATIONS/NOMINALCMS:Resistive Exercise Device (RED) Periodic Inspection	
10:45	10:50	FE-1	TVIS weekly check		
10:45	11:45	CDR	TVIS Exercise		
11:45	11:50	CDR	TVIS weekly check		
11:50	12:10	CDR	SSC data backup	POC/Nominal:Ops LAN:2.205 SSC Data Backup	
12:00	13:30	PLT	IREÐ Exercise		
12:00	13:30	FE-1	Storage battery 3 (ÄÄ-3) restoration/repair in S Ì		R/G 388
12:10	12:50	CDR	Ñ Ì2 measurement		R/G ÌÄÄ_0604
12:50	13:20	CDR	Responses to questions on TVIS		R/G ÌÄÄ_0589
13:30	14:30		Lunch		
14:30	18:00	PLT	Functional checkout of ÄÑÉÓ for Ì ÄÓ Ä Ì1 tank		R/G 384
14:30	16:00	FE-1	Sound level measurements	Ì Ì book 1	par.11.1.1, pp.11-1-11-2, par.11.1.2, pp.11-3-11-6
14:30	14:40	CDR	ÓÄÐÑ data call-down	ISS MEDICAL OPERATIONS NOMINAL:EHS:Tissue Equivalent Proportional Counter(TEPC)-Call-down	
14:40	16:30	CDR	TEPC troubleshooting		Ì ÄÄ_
16:00	17:00	FE-1	IREÐ Exercise		
16:30	17:00	CDR	Preparation for ÓÄÐÑ to ÌÄÑ data transfer operations	ISS MEDICAL OPERATIONS/NOMINAL:EHS:Tissue Equivalent Proportional Counter:TEPC-Data Transfer Operations	
17:00	18:00	CDR	IREÐ Exercise		
17:45	18:00	FE-1	Private medical operations		
18:00	18:30		Report preparation		
18:30	19:00		Next day timeline familiarization		
19:00	19:30		Supper		
19:30	19:40		Daily planning conference		
19:40	20:00	PLT	Preparation for delta file dump		
20:00	20:30		Preparation of daily food ration		
20:30	21:30		Pre-sleep		

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