

Progress 355 Docking Mechanism Removal and Transfers

GMT	CREW	ACTIVITY
06:00-06:10		Morning inspection
06:10-06:40		Post-sleep
06:40-07:30		BREAKFAST
07:30-07:45		Daily Planning Conference (<i>S-band</i>)
07:45-08:15		Work prep
08:15-11:05	CDR	Semi-annual TVIS maintenance and bearing replacement
08:15-09:00	FE-1	
09:00-09:50		PILLE dosimeter reading
09:50-10:20	FE-1	RELAXATION. УФС-1 filter IFM. <i>Tagup (S-band)</i>
10:30-11:05		Semi-annual TVIS maintenance and bearing replacement
11:05-12:05	CDR	Physical Exercise (TVIS)
11:15-12:15	FE-1	Physical Exercise (VELO+RED) day 1
12:05-12:15	CDR	Relocation of medical ops restraint system to rotate D6 rack
12:15-13:15		LUNCH
13:15-14:15		Progress 355 Docking Mechanism Removal
14:15-14:25	CDR	PAO hardware setup
14:25-14:35		PAO crew prep
14:35-14:55		Educational PAO Event with a North Carolina High School (<i>Ku + S-band</i>)
14:55-16:25	FE-1	Progress 355 transfers - transfer A31P laptops and CD-ROMs. <i>Tagup as necessary (S-band)</i>
14:55-15:05		Post-PAO equipment stowage
15:05-15:35	CDR	COЖ maintenance
15:35-15:50		Routine inspection of RED
15:50-17:20		Physical Exercise (RED)
16:25-16:40		AOK ГАНК-4M calibration and readings
16:40-17:00	FE-1	IMS update
17:00-18:30		Physical Exercise (TVIS) day 1
17:20-17:50		Defibrillator Checkout
17:50-18:10		Report prep
18:10-18:15	CDR	Oxygen and CO2 status check.
18:15-18:30		Daily Plan Review
18:30-18:35		Transferring TVIS, RED, and HRM data to MEC
18:35-18:50		Daily Planning Conference (<i>S-band</i>)
18:50-19:05	CDR	Private Medical Conference (<i>Ku + S-band</i>)
	FE-1	Daily Plan Review
19:05-19:35		TV Greetings for the 5th Congress of the Cosmonautics Federation of Russia (To=19:03 ,T1,T2,T3 -from СПП)
19:35-20:05		DINNER
20:05-20:30	CDR	Daily food prep
	FE-1	Daily Food Prep
20:30-21:30		Pre-sleep
21:30-06:00		SLEEP

Task List	FE-1	GCF-JAXA. TBY temperature check
		PLANTS-2. Payload status check

Note: See OSTP for references to US activities.
End of Radiogram