

PROGRESS 355 UNDOCKING FROM DC1

GMT	CREW	ACTIVITY
06:00-06:10	.	Morning inspection
06:10-06:40	.	Post-sleep
06:40-06:50	FE-1	Calf measurement
06:40-06:50	CDR	MO-8. Set-up
06:50-07:00		Calf measurement
06:50-07:05	FE-1	Body mass measurement
07:05-07:20	CDR	Body mass measurement
07:05-07:55	FE-1	BREAKFAST
07:20-07:30	CDR	MO-8. Close-out ops
07:30-08:15		BREAKFAST
07:55-08:10	FE-1	Work prep
08:10-08:15		Deactivating radio equipment in FGB
08:15-08:30	.	Daily Planning Conference (<i>S-band</i>)
08:30-08:45	CDR	Work prep
08:30-08:35	FE-1	Robotics PCS power up in Cupola
08:45-11:45	.	TORU Training. <i>Tagup with specialists (S-band)</i>
11:45-12:45	CDR	Physical Exercise (VELO + Force Loader /Cycle 1), day 1
11:45-12:45	FE-1	Physical Exercise (RED)
12:45-13:45	.	LUNCH
13:45-14:20	.	Progress 355 undocking from the ISS: hardware setup and photography from SM window, monitoring the undocking
14:20-14:50	CDR,FE-1 assists	Periodic Health Status
14:50-15:20	FE-1,CDR assists	
15:20-15:45	FE-1	Periodic Health Status (PHS): data logging
15:20-16:50	CDR	Physical Exercise (TVIS) day 1
15:45-16:15	FE-1	COX maintenance
16:45-18:15		Physical Exercise (TVIS)
17:00-17:40	CDR	Removal of TV exchange module to pre-pack for ULF1.1 return. <i>Tagup with specialists as necessary (S-band)</i>
17:40-18:10		ACH-M raw data prep for OCA downlink. <i>Tagup with specialists as necessary (S-band)</i>
18:10-18:25		Setting up UROLUX hardware
18:15-18:20	FE-1	TVIS Weekly Maintenance
18:20-18:35		Questionnaire - journal entry
18:25-19:00	CDR	Evening work prep
18:35-18:55	FE-1	Evening work prep
18:55-19:00		Transferring TVIS, RED, and HRM data to MEC
19:00-19:15	.	Daily Planning Conference (<i>S-band</i>)
19:15-19:30	.	Evening work prep

19:30-20:00		DINNER
20:00-20:30		Daily Food Prep
20:30-21:30		Pre-sleep
21:30-06:00		SLEEP
Task List	CDR	Search for Russian equipment to be returned on ULF 1.1 (Searching for КП-152 TV cameras and CO2 filter unit)
		IMS update

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