

**Stowing hardware for disposal in Progress #354**

GMT	CREW	ACTIVITY
06:00-06:10		Morning inspection. <b>Rebooting RS3 Laptop at Work Site 1</b>
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
08:15-08:40	CDR	Program Lead Scientist / Crew Conference ( <i>S-band</i> )
08:15-08:30	FE-1	Motorola phone charging setup, start charge. <i>Tagup with specialists as necessary (S-band)</i>
08:30-08:40	FE-1	PLANTS-2. Data downlink
08:40-08:50	CDR	TEPC transfer
08:45-08:50	FE-1	Motorola phone charging - status check.
08:50-09:00	FE-1	Comm session for documentary 'Cosmic Risks'
09:05-10:05	CDR	Physical exercise (TVIS)
09:05-09:10	FE-1	Motorola phone charging - status check.
09:10-09:25	FE-1	PLANTS-2. Photography
09:25-09:30	FE-1	Motorola phone charging - status check.
09:30-09:40	FE-1	Motorola phone charging - terminate charging, cleanup
09:40-09:50	FE-1	PLANTS-2. Data downlink
10:00-12:30	FE-1	PROFILAKTIKA. Test exercise with Load Trainer HC-1
10:05-10:10	CDR	TVIS Weekly Maintenance
10:10-11:40	CDR	Physical Exercise (RED)
11:40-11:50	CDR	Routine inspection of RED
11:55-12:25	CDR	COЖ maintenance
12:25-12:30	CDR	<b>On MCC GO</b> ISS repress with O2 from Progress 354 CpПK (start)
12:30-13:30		LUNCH
13:30-13:35	CDR	ISS O2 repress from Progress 354 CpПK (terminate)
13:30-15:00	FE-1	Changeout of CPBK-2M Water Conditioning Unit Purification Columns (БК БКБ) <i>Tagup with specialists as necessary (S-band)</i>
13:35-17:10	CDR	Shuttle hardware prepack
15:00-15:15	FE-1	Private Medical Conference ( <i>S-band</i> )
15:15-18:15	FE-1	Stowing hardware in Progress 354 for disposal and IMS update
17:10-17:15	CDR	O2 and CO2 status check.
17:15-17:20	CDR	Transferring TVIS, RED, and HRM data to MEC
17:20-17:45	CDR	Shuttle prepack tagup ( <i>S-band</i> )
17:45-18:15	CDR	Daily plan review
18:15-18:40	CDR	Report prep
18:15-18:45	FE-1	Daily plan review
18:40-19:00	CDR	IMS update
18:45-19:00	FE-1	Report prep
19:00-19:15	.	Daily Planning Conference ( <i>S-band</i> )

19:15-19:30	CDR	Private Medical Conference ( <i>Ku + S-band</i> )
19:15-19:30	FE-1	Report prep
19:30-20:00		DINNER
20:00-20:30		Daily food prep
20:30-21:30		Pre-sleep
21:30-06:00		SLEEP
<b>Task List</b>	FE-1	GCF-JAXA. TBY temperature check
		PLANTS-2. Recharging water tank

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