Closing of SM-Progress Hatches / Recording of Crew Medical Evaluation Video

GMT	Crew	Activity
05:00-05:10		Morning inspection
05:10-05:40		Post-sleep
05:40-06:15		BREAKFAST
06:15-06:30		Daily planning conference (S-band)
06:30-07:00	FE-1 FE-2	Prep for work
06:30-06:50		
06:30-06:50	CDR	Progress activation, removal of air duct
06:50-07:10	FE-2, CDR	Removal of QD screw clamps
07:10-07:20	CDR	DVCAM recording of SM(AO)-Progress interface before closing of ???-?? hatch, after the removal of QD clamps
07:20-07:30		Downlink of video recording of SM(AO)-Progress interface made before closing of ???-?? hatch (Ku-band)
07:30-07:45	FE-1	Payload status check
07:30-07:50	CDR, FE-2	Closing of SM-Progress hatches
07:50-08:40	ODIX, I L Z	Docking interface leak check (SM (AO)-Progress)
08:05–08:15	FE-1	EXPRESS Rack 2 powerup
08:15–08:45		Defibrillator test
08:40-09:15	CDR, FE-2	HDTV: recording of crew medical evaluation video (session 2)
09:10-09:40	FE-1	Monthly maintenance of TVIS
09:15–10:45	FE-2	Physical exercise (????+RED)
09:35–10:15	CDR	Maintenance of ???
09:40-10:40	FE-1	Physical exercise (TVIS)
10:15–11:15	CDR	DC-1 fans ?1 & ?2: mesh screen cleaning
10:40–10:45	FE-1	Weekly maintenance of TVIS
10:45–11:05	FE-2	Monthly maintenance of CEVIS
11:15–12:15	F E - Z	Noise level measurements in SM and DC-1
	CDR	Physical exercise (TVIS)
12:15–13:15		LUNCH
13:15–14:15		ISS crew orientation
14:15–14:45	FE-1, CDR	Crew Medical Restraint System (CMRS) checkout
14:15–15:15	FE-2	Physical exercise (TVIS)
14:45–16:15	CDR	Physical exercise (????+RED)
14:45–14:50	FE-1	IV-CPDS power cycle
15:00–15:05		ZCG Furnace: deactivation of Improved Zeolite Electronic Control System (IZECS)
15:05–15:20		ZCG Furnace: configuration overview
15:15–15:45	FE-2	Noise level measurements in SM and DC-1: copying data to Laptop3
15:20–15:35	FE-1	ZCG Furnace: prep for HISD video
15:35–16:45	L-1	ZCG Furnace: autoclave config

15:45–16:00	FE-2	RELAKSATSIYA: Laptop 3 config
16:00–16:35		RELAKSATSIYA: payload installation
16:35–17:15		IMS file prep
16:45–16:55	FE-1	EXPRESS Rack 2: ARIS guide removal
17:15–17:50		Daily plan review
17:50–18:05		Daily planning conference (S-band)
18:05–18:30		Report prep
18:30–19:00		DINNER
19:00–19:30		Daily food prep
19:30–20:30		Pre-sleep
20:30–06:00		SLEEP

Note: See OSTP for references to US activities

End of radiogram