Docking of Progress-256 to SM Aft Port

GMT	Crew	Activity
11:30–11:40		Morning inspection
11:40–12:10		Personal hygiene (post-sleep)
12:10–13:00		BREAKFAST
13:00–13:20	FE-1	PLASMA CRYSTAL-3: payload activation
13:20–13:35	FE-1, PLT	A/G conference: final stage of orbital stay, rehabilitation period
13:45–14:05		Work prep
14:05–14:20		Daily planning conference (S-band)
14:30–16:00	FE-1	Prep for crew handover
14:30–15:00	PLT, CDR	CWC transfer prep
15:00–17:00	CDR	Packing of UF-1 return items
15:00–15:45	PLT	Prep for crew handover
15:45–16:45		Physical exercise (TVIS-3)
16:00–16:30	FE-1	Maintenance of ???
16:30–16:40		PLASMA CRYSTAL-3: parameter check
16:45–17:45	PLT	Prep for crew handover
10.45-17.45	FE-1	Physical exercise (TVIS-3)
17:00–17:25	CDR	Daily status check of US payloads
17:30–17:45	CDK	Test of video routing for Progress docking
17:45–18:15		Prep for Progress-256 docking
18:15–19:45		Progress-256 docking to SM Aft
19:45–20:45		LUNCH
20:45–21:15	CDR	SSRMS maneuver to UF-1 dock viewing
20:45–21:25	FE-1, PLT	Packing of UF-1 return items
21:15–22:00	CDR	Prep for crew handover
21:25–21:55	FE-1	PLASMA CRYSTAL-3: parameter check and deactivation of TELESCIENCE
21:55–22:45	FE-1, PLT	Pressurized interface leak check (???-Progress) (pressurize vestibule (??) in one step to $P_{WorkComp}$; skip intermediary repress to 200 mm of mercury)
22:00–23:00	CDR	Physical exercise (RED)
22:45–23:05	FE-1, PLT	Opening of hatches ??-??? & ???-??
23:00-00:30	CDR	Physical exercise (CEVIS)
23:05–23:25	FE-1, PLT	QD screw clamp installation
23:25–23:40	PLT	Collection of air samples using ??-1? sampler
23:25-00:25	FE-1	Physical exercise (TVIS-3)
23:40-00:10	PLT	Progress-256 deactivation / air duct installation
00:30-00:45	İ	Review of plan for upcoming day
00:45-01:00	1	Daily planning conference (S-band)
01:00-01:45	1	Report prep, work prep
02:30-03:00		DINNER
03:00-03:30	1	Daily food ration prep
03:30-04:30	1	Personal hygiene (pre-sleep)
04:30–13:00		SLEEP
		1

Note: See OSTP for references to US activities

End of radiogram