

Radiogram No. 5106u

Form 24 for 01.30.03

**Removal of ЛКТ и ПЗУ Units in Progress • Progress Docking Mechanism Install**

GMT	Crew	Activity
06:00–06:10		Morning inspection
06:10–06:40		Post-sleep
06:40–07:30		BREAKFAST
07:30–07:35	FE-2	ACS CDMK CO2 read
07:30–07:55	CDR, FE-1	Prep for work
07:35–07:55	FE-2	Prep for work
07:55–08:05	FE-2	EKAM lens R&R
08:05–08:15	FE-2	HRF rack powerup
08:15–08:20	FE-1	PLANTS-2: payload status check
08:20–08:35		Daily planning conference ( <i>S-band</i> )
08:35–10:00		Stowage and IMS audit of deorbit items in Progress
10:00–11:00	FE-1	Physical exercise (VELO + Load Trainer / day 3)
10:00–10:15	FE-2	Food questionnaire
10:00–10:05	CDR	Leak check 4 of NODE1 A/L STB window
10:15–10:25	FE-2	FOOT experiment: file check & copy
10:15–10:30	CDR	Food questionnaire
10:30–10:35	FE-2	EXPRESS Rack 3: ARIS: position stabilization test 1 (w/ crew monitoring)
11:00–12:00		Physical exercise (TVIS)
11:00–12:30	CDR, FE-1	Progress M1-9: docking mechanism install
12:10–12:30	FE-2	Downlink of US DVCAM video recording (Progress deorbit stowage) ( <i>Ku+S-band</i> )
12:30–13:30		LUNCH
13:30–14:30	FE-2	Microbiological sampling
13:30–15:00	FE-1	Removal of ЛКТ (TA251МБ) and ПЗУ in Progress
13:30–13:40	CDR	Microbial Air Sampler (MAS) photo
13:55–15:15		Surface Sampling Kit (SSK) sampling and sample cultivation
14:30–14:40	FE-2	Surface Sampling Kit (SSK) photo
14:40–14:50		HRF rack powerdown
14:55–15:00		EXPRESS Rack 3: ARIS: position stabilization test 2 (w/ crew monitoring)
15:00–15:05	FE-1	Inspection of БРПК separator
15:05–15:10		PLANTS-2: data downlink
15:05–15:15	FE-2	Setup for PAO event
15:15–15:25		Prep for PAO event
15:25–15:45		PAO event: Interview with USA Today “One day onboard ISS with ISS-6 crew” ( <i>Ku+S-band</i> )
15:45–17:15	FE-1	Physical exercise (TVIS-3)
15:45–15:55	FE-2	EMU METOX canister regeneration (term)
15:45–17:15	CDR	Physical exercise (RED)
15:55–16:05	FE-2	EMU METOX canister regeneration (init)

16:25–17:05		Maintenance of COЖ
17:15–18:45		Physical exercise (RED)
17:15–18:15	CDR	Physical exercise (TVIS)
17:35–18:15	FE-1	IMS file prep
18:15–18:45		Daily plan review
18:15–19:00	CDR	Leak check 5 of NODE1 A/L STB window
18:45–19:10	FE-1, FE-2	Prep for work
19:00–19:10	CDR	Completion of NODE1 A/L window R&R
19:10–19:25		Daily planning conference ( <i>S-band</i> )
19:25–19:30	FE-2	ACS CDMK CO2 read
19:30–20:00		DINNER
20:00–20:30		Daily food prep
20:30–21:30		Pre-sleep
21:30–06:00		SLEEP

**NOTE:** See OSTP for references to US procedures

End of radiogram