

Installing YC-21 container in Progress. YC-21 connection test (Electrical test)

GMT	CREW	ACTIVITY
06:00-06:10	.	Morning inspection
06:10-06:40	.	Post-sleep
06:40-06:50	FE-1	MO-8. Set-up
06:40-06:50	CDR	Calf measurement
06:50-07:00	FE-1	Calf measurement
06:50-07:05	CDR	Body mass measurement
07:05-07:20	FE-1	Body mass measurement
07:05-07:55	CDR	BREAKFAST
07:20-07:30	FE-1	MO-8. Close-out ops
07:30-08:20	FE-1	BREAKFAST
07:55-08:20	CDR	Work prep
08:20-08:35	.	Daily planning conference (<i>S-band</i>)
08:35-09:05	FE-1	Work prep
08:40-09:55	CDR	PromISS Hardware Stow, Part 2
09:05-09:15	FE-1	Orlan Battery Pack three 825M3 discharge (start)
09:15-09:45	FE-1	Remove БНП from SM [PO] and stow
09:45-10:00	FE-1	ALTCRISS. PCMCIA card replacement. <i>Tagup with specialists (as necessary) (S-band)</i>
09:55-10:00	CDR	Glove Box (MSG): powerdown
10:00-10:20	FE-1	Tightening quick release screw clamps on the side of SM [AO]
10:00-10:10	CDR	Taking photos of the MSG Video Multipurpose Arm
10:10-11:10	CDR	Physical Exercise (CEVIS)
10:20-11:20	FE-1	Physical Exercise (VELO+RED) day 2
11:10-12:40	CDR	Physical Exercise (RED)
11:20-12:50	FE-1	Physical Exercise (TVIS) Day 2
12:40-12:55	CDR	EMU-SCOF valve cycling
12:55-13:25	FE-1	Setting up RSE-1 to work with additional HDD. <i>Tagup with specialists (S-band)</i>
12:55-13:25	CDR	EMU cooling loop scrub (start)
13:25-14:25	.	LUNCH
14:25-14:45	CDR	IMS update
14:45-14:50	CDR	EarthKAM - lens change
14:50-14:55	CDR	Transferring TVIS, RED, and HRM data to MEC
14:55-15:15	CDR	EMU cooling loop config
15:10-15:15	FE-1	Comm config to provide comm from DC1
15:15-16:30	FE-1	Progress 355 - DC1 interface leak check
15:20-15:25	CDR	Set up for HAM radio session.
15:25-15:35	CDR	HAM radio session
15:40-16:10	CDR	COX maintenance
16:10-16:25	CDR	Rebooting all PCS
16:30-16:50	.	Open DC1-CY and CY-Progress transfer hatches
16:50-17:10	.	Installing quick disconnect screw clamps

17:10-17:55	FE-1	Progress deactivation, air duct installation
17:10-17:15	CDR	O2 and CO2 status check.
17:15-17:45	CDR	EMU cooling loop scrub (terminate)
17:45-17:50	CDR	On MCC Go ISS air repress from Progress 355 CpПK (start)
17:50-18:10	CDR	Report prep
17:55-18:55	FE-1	Installing YC-21 container in Progress 355
18:10-18:20	CDR	PAO hardware setup
18:20-18:30	CDR	PAO crew prep
18:30-18:50	CDR	Interview for magazine Men's Health (<i>Ku+S-band</i>)
18:50-18:55	CDR	ISS air repress from Progress 355 CpПK (terminate)
18:55-19:10	.	Daily planning conference (<i>S-band</i>)
19:10-19:15	FE-1	Restore nominal comm config
19:10-19:20	CDR	Post-PAO equipment stowage
19:15-19:30	FE-1	Report prep
19:20-19:30	CDR	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
Task List	FE-1	GCF-JAXA. TBY incubator temperature check
		PLANTS-2. Payload status check

Note: Note: See OSTP for references to US activities.
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