

**Progress 354 Transfers with IMS Updates**

GMT	CREW	ACTIVITY
06:00-06:10		Morning inspection
06:10-06:40		Post-sleep
06:40-07:30		BREAKFAST
07:30-08:00		Work prep
08:00-08:15		Daily planning conference ( <i>S-band</i> )
08:15-08:40	CDR	Volatile Organic Analyzer (VOA) components unpack
08:15-08:25	FE-1	Taking readings from Real-Time Harmful Contaminant Gas Analyzer ГАНК-4М [AOK]
08:25-11:25		Progress 354 transfers with IMS updates
08:40-10:40	CDR	Volatile Organic Analyzer (VOA) maintenance
10:40-12:10		Physical exercise (CEVIS)
11:25-11:40	FE-1	IMS tagup ( <i>S-band</i> )
11:40-13:10		Physical Exercise (TVIS) day 1
12:10-13:10	CDR	Physical Exercise (RED)
13:10-13:15	FE-1	<b>On MCC Go</b> ISS O2 repress from Progress 354 CpПК (start)
13:10-13:15	CDR	Transferring TVIS, RED, and HRM data to MEC
13:15-14:15		LUNCH
14:15-14:20	CDR	Video tape changeout in VTR1
14:15-14:20	FE-1	ISS O2 repress using Progress 354 CpПК (terminate)
14:20-15:50		Progress 354 transfers with IMS updates
14:20-17:45	CDR	Volatile Organic Analyzer (VOA) maintenance
15:50-16:10	FE-1	IMS update
16:10-16:50		ВД1 and ВД2 airduct cleaning in DC-1
16:50-17:50		Physical Exercise (VELO+RED) day 1
17:45-17:50	CDR	VOA data downlink
17:55-18:00		Set up for HAM radio session
18:00-18:10		HAM radio session
18:10-18:40		COЖ maintenance
18:10-18:40	FE-1	Daily plan review
18:40-18:55		Daily planning conference ( <i>S-band</i> )
18:55-19:10		Flight Director/ISS Crew Tagup ( <i>S-band</i> )
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 activities.  
End of Radiogram