

Progress #422 Docking to DC1

TIME	CREW	ACTIVITY
06:00-06:05	FE-3	REMINDER-BP - reading reminder
06:00-06:45	FE-5	BIOME - sampling
06:00-06:05	FE-6	Crew reminder about Circadian Rhythms experiment constraints
06:05-06:15	FE-3	Morning Inspection
06:05-06:10	FE-6	REMINDER- reading reminder
06:10-06:20	FE-6	Morning Inspection
06:15-06:40	FE-3	Post-sleep
06:20-06:40	FE-6	Post-sleep
06:40-07:30	FE-3,FE-6	BREAKFAST
06:45-06:50	FE-5	HRF - Inserting samples in MELFI
06:50-06:55	FE-5	BIOME – Hardware stowage
06:55-07:05	FE-5	Morning Inspection
07:05-07:30	FE-5	Post-sleep
07:30-07:45	FE-3,FE-5, FE-6	Daily Planning Conference (<i>S-band</i>)
07:45-08:10	FE-6	OH – Blood pressure measurement
07:45-08:00	FE-5	BREAKFAST
07:45-08:05	FE-3	Work preparation
08:00-08:05	FE-5	OH-BP - Blood pressure measurement (assistance)
08:05-08:45	FE-5	BREAKFAST
08:15-08:25	FE-6	CRHYT. Double sensors and Thermolab equipment dismantling
08:35-08:45	FE-6	HMS – Tonometer setup and testing
08:45-09:00	FE-3	DSC – Disc replacement
08:45-09:05	FE-5	HMS – Measurements with tonometer - CMO
08:50-09:05	FE-6	HMS - Measurements with tonometer - subject
09:00-09:10	CDR	Morning Inspection. Laptop RS2(1) Reboot / Onboard Computer System (<i>BBC</i>) 2.1.2, p. 2-3
09:00-09:10	FE-2	Morning Inspection. SM ПСС testing
09:00-09:10	FE-4	Morning Inspection RSS1,2 Reboot / <i>r/g 1009 step 1</i>
09:00-13:00	FE-3	BP. Experiment execution
09:05-09:25	FE-5	Work preparation
09:05-09:15	FE-6	Tonometry experiment hardware stowage
09:10-09:20	CDR	"Hematocrit". Determine hematocrit number
09:10-09:30	FE-2	Post-sleep
09:10-09:20	FE-4	Post-sleep
09:15-09:35	FE-6	SSIPC Mission manager and ISS crew conference
09:20-09:50	CDR	Post-sleep
09:20-09:30	FE-4	"Hematocrit". Determine hematocrit number/ <i>MO volume 2 item 12.1 steps 3 thru 23 p.p.12-1 thru 12-3</i>

09:30-09:50	FE-4	Post-sleep
09:30-09:40	FE-2	"Hematocrit". Determine hematocrit number/ <i>MO volume 2 item 12.1 steps 3 thru 23 p.p.12-1 thru 12-3</i>
09:35-10:35	FE-5	ARED – Ropes replacement
09:40-09:45	FE-2	" Hematocrit ". Hardware stowage
09:45-09:55	FE-2	Post-sleep
09:50-10:30	CDR,FE-4	BREAKFAST
09:55-10:10	FE-6	JEM Airlock - depress
09:55-10:30	FE-2	BREAKFAST
10:30-10:45	CDR,FE-2, FE-4	Daily Planning Conference (<i>S-band</i>)
10:35-11:35	FE-5	Grid cleaning in JEM
10:35-11:00	FE-6	On Board Training (OBT) ISS Crew Medical Officer (CMO) Computer Based Training (CBT)
10:45-10:55	CDR,FE-4	BREAKFAST
10:45-11:00	FE-2	BREAKFAST
10:55-11:15	CDR	Work preparation
10:55-11:10	FE-4	Work preparation
11:00-11:15	FE-2	Work preparation
11:00-12:30	FE-6	ARED Exercise
11:10-11:15	FE-4	Comm configuration for conference from MRM1
11:15-11:25	FE-2	ALBEDO. Batteries charge (start)
11:15-11:45	FE-4	KAPLYA-2. Dismantling video equipment, electrical and vacuum circuits. Tag up with specialists
11:25-12:25	CDR,FE-2	Video shooting for Roscosmos TV studioVideo shooting for “Morning in Russia” program
11:35-12:10	FE-5	EHS MCD – On-board water treatment
11:45-12:05	FE-4	On MCC Go KAPLYA-2. Connectors demate. <i>Tag up with specialists.</i>
12:05-12:50	FE-4	KAPLYA-2 Closeout operations. <i>Tag up with specialists.</i>
12:10-13:10	FE-5	T2 Exercise
12:25-13:45	FE-2	Ventilation grids cleaning on FGB interior panels (panels 116, 316, 231, 431)
12:35-12:45	CDR	БАОК ГАНК-4М data taking
12:45-13:45	CDR	БД-2 Exercise - 4
12:50-12:55	FE-4	Comm system reconfiguration in MRM1
12:50-13:10	FE-6	CIR – H/w stowage in the rack
12:55-13:25	FE-4	Preparation for Inspection and photo of SM windows (h/w search and work place preparation). <i>Tag up with specialists if required / Photo equipment items</i>
13:00-14:00	FE-3	Lunch
13:10-14:10	FE-5,FE-6	Lunch
13:25-15:25	FE-4	Inspection and photo of windows #1,12 SM RS ISS. Preparation of files with images for downlink
13:45-15:15	CDR	ARED Exercise
13:45-13:50	FE-2	ON MCC Go Transitioning Electron to 24 Amp mode

13:55-14:55	FE-2	ALBEDO. Preparation, photo with [ΦCC] and closeout operations
14:00-14:15	FE-3	Private medical conference (PMC)
14:10-14:40	FE-5	Hatch Track Guide Re-Install in Node 1
14:10-14:20	FE-6	JEM Airlock leak check
14:15-15:00	FE-3	BP – H/w stowage
14:20-14:35	FE-6	Private medical conference (PMC)
14:40-14:50	FE-6	Remove dessicant from MERLIN
14:50-15:00	FE-6	JEM - depress confirmation
14:50-15:00	FE-5	Journals – Nominal questionnaire
14:55-16:25	FE-2	БД-2 Exercise -3
15:00-15:15	FE-6	CIR- Video set up and the rack doors opening
15:00-15:15	FE-5	Private medical conference (PMC)
15:15-15:50	FE-6	CIR- Optics adjustment
15:15-15:35	CDR	KASKAD. Thermostat setup for experiment. <i>Tag up with specialists if required</i>
15:25-16:25	FE-4	EXERCISE VELO-4
15:25-16:55	FE-5	EXERCISE ARED
15:35-16:35	CDR	ASEPTIK. “Glove box-C” equipment set up. <i>Tag up with specialists if required.</i>
15:40-16:30	FE-6	CIR-IMAGING- Reconfiguration
16:10-17:10	FE-3	T2 Exercise
16:25-17:25	FE-2,FE-4	Lunch
16:35-17:35	CDR	Lunch
16:40-17:15	FE-6	CIR- Optics adjustment and video shooting
17:10-18:40	FE-3	ARED Exercise
17:15-17:25	FE-6	CIR- Rack doors closure
17:20-18:50	FE-5	MSL – Cartridge replacement
17:25-18:25	FE-2	Ventilation grids cleaning on FGB interior panels (panels 201, 301, 401)
17:35-18:05	CDR	Harmful contaminants measurements with CMS in SM
17:35-18:35	FE-6	T2 Exercise
18:10-18:30	CDR	IMS update
18:25-19:05	FE-2	COЖ Maintenance
18:30-18:35	CDR	S/G1 voice loop comm check with Baykonur
18:35-18:45	FE-6	USOS windows shutters closure
18:40-19:10	CDR	URAGAN Observations and Photography with [HA ΦCC]
18:40-20:10	FE-4	Exercise with expander
18:45-18:55	FE-6	HAM radio deactivation
18:55-19:15	FE-6	CIR – H/w stowage
19:10-20:00	CDR	Evening Work Prep
19:10-20:10	FE-2	VELO Exercise -3
19:15-19:30	FE-3,FE-5,	Daily Planning Conference (DPC) (<i>S-band</i>)

	FE-6	
20:00-20:10	CDR	Mpeg2 Viewer start and TV signal monitoring on Laptop SSC2 during MPEG-2 transfer channel test. <i>Tag up with specialists</i>
20:10-21:00	FE-3,FE-5, FE-6	Evening Work Prep
20:10-20:25	FE-2	ИП-1 sensors installation check
20:10-20:30	FE-4	Evening Work Prep
20:30-21:00	CDR,FE-4	Preparation for docking with Progress #422 (DC1)
21:00-22:40	CDR,FE-4	Progress#422 docking to DC1
21:00-23:00	FE-3	Pre-sleep
21:00-22:55	FE-5,FE-6	Pre-sleep
21:25-21:35	FE-2	Equipment activation for TV and video mpeg2 multicast check. <i>Tag up with specialists.</i>
21:40-21:45	FE-2	On MCC Go Recording mode activation of video stream mpeg2 multicast on SSC of CP (central post)
21:45-22:30	FE-2	Evening Work Prep
22:30-22:50	FE-2	Shutdown of applications on laptop SSC of CP and recorded video stream mpeg2 multicast downlink via OCA (PCПИ)
22:50-23:05	CDR,FE-2, FE-4	Daily Planning Conference (<i>S-band</i>)
22:55-23:00	FE-5,FE-6	REMINDER- reading
23:00-06:00	FE-3,FE-5, FE-6	Sleep
23:05-00:30	CDR,FE-2, FE-4	Pre-sleep
00:30-09:00	CDR,FE-2, FE-4	Sleep
Task List	CDR,FE-2, FE-4	Reports preparation for Roscosmos site
		ECON-M. Observations And Photography

Note:

1. SM Window No. 9 shutter opening is at crew discretion w/ Report to MCC / [r/g 6057](#)
 2. Pre-sleep ops: dinner, daily food prep, pre-sleep
 3. See OSTP for references to US activities.
 4. **Russian crew uses US exercise equipment strictly per F24 or OSTPV**
 5. **No EXERCISE on ARED 09:35-10:35, 22:25-22:38**
 6. **No EXERCISE on T2 20:20-20:40, 22:25-22:43**
- End of r/g**