

**ISS Reboost w/ Progress-248 Thrusters (8 ДПО / Prop from Prop Resupply System (CD))**

GMT	CREW	ACTIVITY
06:00-06:10		Morning inspection
06:10-06:40	FE-1, FE-2	Post-sleep
06:10-06:30	CDR	Acoustic dosimeters prep
06:30-07:00		Post-sleep
06:40-07:35	FE-2	BREAKFAST
06:40-07:30	FE-1	
07:00-07:35	CDR	
07:30-07:35	FE-1	PLANTS-2. Payload check
07:35-08:00		Work prep
08:00-08:15		Daily planning conference ( <i>S-band</i> )
08:15-08:35	CDR	BREAKFAST
08:15-08:35	FE-1	Laptop 2 battery cycling
08:35-10:35	CDR, FE-1	Progress M-10 unloading and IMS audit
08:50-09:50	FE-2	Physical exercise (TVIS)
09:50-09:55		Weekly TVIS maintenance
10:05-10:40		COX maintenance
10:35-12:30	FE-1	PROFILAKTIKA: Load Trainer-1 test
10:50-10:55	FE-2	ACS CDMK CO2 read
10:55-12:25	CDR	Physical exercise (RED)
12:30-13:30		LUNCH
13:30-14:00	FE-2	Tagup with MSG specialists ( <i>S-band</i> )
13:35-13:45	FE-1	Laptop 2 battery cycling
13:45-14:20		SM ventilation system preventative maintenance. Group B
14:10-14:30	FE-2	Prep for PAO
14:20-14:30	CDR, FE-1	
14:30-15:10		Educational PAO event ( <i>KU + S-band</i> )
15:10-17:45	FE-1	SM ventilation system preventative maintenance. Group B
15:10-15:50	FE-2	IMS file prep
15:50-17:20		Physical exercise (RED)
16:00-16:45	CDR	CWC fill
16:55-17:10		Private medical conference ( <i>S-band</i> )
17:10-18:10		Physical exercise (CEVIS)
17:20-17:35	FE-2	Private medical conference ( <i>S-band</i> )
17:45-17:50	FE-1	БРПК separator inspection
18:00-18:15		Private medical conference ( <i>S-band</i> )
18:10-18:15	FE-2	CO2 level reading using Carbon Dioxide Monitoring Kit
18:15-18:45		Daily plan review
18:45-19:00		Daily planning conference ( <i>S-band</i> )
19:00-19:30		Work prep
19:30-20:00		DINNER

20:00-20:35	FE-2	Daily food prep
20:00-20:30	CDR, FE-1	
20:30-21:20		Pre-sleep
20:35-20:50	FE-2	Private family conference ( <i>S-band</i> )
20:50-21:20		Pre-sleep
21:20-21:30		Acoustic dosimeter data registration
21:30-06:00		SLEEP

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

End of radiogram