

**SM and Progress TORU Test Without Progress Thrusters Firing**

GMT	CREW	ACTIVITY
06:00-06:10		Morning inspection
06:10-06:40		Post-sleep
06:40-07:30	CDR	BREAKFAST
06:40-07:10	FE-1	PROFILAKTIKA. Blood test. <i>Tagup with specialists (S-band)</i>
07:10-08:00	FE-1	BREAKFAST
07:30-07:55	CDR	Work prep
07:55-08:25	CDR	COЖ maintenance <i>Inspection of БПК separator Verifying ИП-1 Sensor Installation</i>
08:00-08:25	FE-1	Work prep
08:25-08:40		Daily planning conference ( <i>S-band</i> )
08:40-11:40		TORU Training. <i>Tagup with specialists (S-band)</i>
11:40-13:25	FE-1	PROFILAKTIKA. Test exercise on TVIS. <i>Tagup with specialists (S-band)</i>
11:40-11:50	CDR	PAO hardware setup
11:50-13:20	CDR	Physical exercise (CEVIS)
13:20-14:20	CDR	LUNCH
13:25-13:30	FE-1	<b>On MCC GO</b> ISS repress with O2 from Progress 354 CpПК (start)
13:30-14:30	FE-1	LUNCH
14:20-15:05	CDR	PRMS: Training
14:30-14:35	FE-1	ISS O2 repress using Progress 354 CpПК (terminate)
14:40-15:05	FE-1	VOLNY [WAVES]. Hardware activation. <i>Tagup with specialists (S-band)</i>
15:05-15:15		PAO crew prep
15:15-15:35		Downlink of Merry Christmas greetings and for NASA Explorer Schools ( <i>Ku + S-band</i> )
15:35-15:55	CDR	EPO: procedure review
15:35-15:50	FE-1	VOLNY [WAVES]. Hardware deactivation and data downlink. <i>Tagup with specialists (S-band)</i>
15:50-16:05	FE-1	PROFILAKTIKA. Copy data from Cardiocassette-2000 and OCA dump
15:55-16:05	CDR	EPO: setting up USL camcorder.
16:05-16:45		SM and Progress TORU test without firing Progress Approach & Attitude Control Thrusters [ДПО] (vehicle-to-vehicle test)
16:50-17:15		EPO: recycling demonstration
17:15-18:15	FE-1	Replacement of gas-liquid mixture in CPBK-2M
17:15-17:20	CDR	Carbon dioxide monitoring
17:20-18:20	CDR	Physical Exercise (RED)
18:20-18:25	CDR	Transferring TVIS, RED, and HRM data to MEC
18:25-18:55	FE-1	Daily plan review
18:30-18:50	CDR	Crew Discretionary Conference ( <i>Ku +S-band</i> )
18:50-19:15	CDR	Report prep
18:55-19:15	FE-1	Report prep
19:15-19:40		DINNER
19:40-19:55		Daily planning conference ( <i>S-band</i> )
19:55-20:30	CDR	Daily food prep

19:55-20:30	FE-1	Daily food prep
20:30-21:30		Pre-sleep
21:30-06:00		SLEEP
<b>Task list</b>	FE-1	<b>On MCC GO:</b> System data and Wiener БСПН log file dump
		IMS update

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

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