

**Test of TV Camera KЛ-140CT-M "-X" • Progress M1-10 Loading**

GMT	Crew	Activity
06:00–06:10		Morning inspection
06:10–06:40		Post-sleep
06:40–07:30		BREAKFAST
07:30–07:55	CDR	Prep for work
07:30–08:00	FE-1	Prep for work
07:55–08:00	CDR	PLANTS-2: payload status check
08:00–08:15		Daily planning conference ( <i>S-band</i> )
08:15–09:10	CDR	PULSE: experiment ops
08:15–11:15	FE-1	Robotics ops
09:10–10:10	CDR	Physical exercise (TVIS-3)
10:10–12:30		Loading deorbit items into Progress M1-10 (w/ IMS tracking)
11:15–12:30	FE-1	Physical exercise (TVIS)
12:30–13:30		LUNCH
13:30–15:30	CDR	Inventory audit of RS outlets
13:30–13:45	FE-1	Food questionnaire
13:45–13:50		Microgravity Science (MSG): activation
13:50–15:20		Coarsening in Solid Liquid Mixtures (CSLM2): SPU 1 changeout
15:20–15:30		EMU battery discharge
15:30–15:40		CWC audit
15:30–16:10	CDR	Maintenance of COЖ
15:55–16:00	FE-1	Microgravity Science (MSG): powerdown
16:00–16:10		Increment 7 daily payload status check
16:10–16:30		Transfer of TVIS/RED files to MEC
16:10–16:25	CDR	IMS tagup ( <i>S-band</i> )
16:25–16:50		IMS file prep
16:30–16:50	FE-1	Transfer of HRM file to MEC
16:50–18:20	CDR	Physical exercise (TVIS-3)
16:50–17:05	FE-1	HRM file erase
17:05–18:20		Physical exercise (RED)
18:25–18:40		Daily planning conference ( <i>S-band</i> )
18:40–19:05		Daily plan review
19:05–19:20		DINNER
19:20–19:45		FD/ISS crew conference ( <i>S-band</i> )
19:45–20:00		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