

**Progress 354 undocking from the ISS (AO)**

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
08:15-08:20	FE-1	NOA (ESANO1). Hardware setup and activation
08:20-08:35	.	Daily Planning Conference ( <i>S-band</i> )
08:35-09:35	CDR	Clearing ZSR rack and hardware prepack for ULF 1.1
08:35-08:50	FE-1	NOA (ESANO1). Measurement and close out ops
08:50-09:30	FE-1	Preparing SM panels 226 and 227 to install МБПЛ monoblock and БУАП box. <i>Tagup as necessary (S-band)</i>
09:40-10:15	CDR	Monitoring undocking. Video recording using ЭБК-LIV VCR
	FE-1	Progress 354 undocking from the ISS - Preparation and photography using SM window, monitoring undocking
10:20-11:20	CDR	Physical Exercise (TVIS)
10:30-11:10	FE-1	RELAXATION. Equipment setup. Tagup ( <i>S-band</i> )
11:10-12:40	FE-1	Physical Exercise (TVIS), day 1
11:20-12:50	CDR	Physical Exercise (RED)
12:40-13:10	FE-1	RELAXATION. Earth observations. Tagup ( <i>S-band</i> )
12:55-13:10	CDR	Rebooting all PCS (weekly)
13:10-13:30	FE-1	RELAXATION. Disassembly
13:10-13:40	CDR	Shuttle ULF1.1 prepack tagup ( <i>S-band</i> )
13:30-13:40	FE-1	IMS tagup ( <i>S-band</i> )
13:40-14:40	.	LUNCH
14:40-15:40	CDR	Removing and swapping SSC10 processor command and hard disk
14:40-15:40	FE-1	Searching for equipment to set up the config and МБПЛ test. <i>Tagup as necessary (S-band)</i>
15:40-17:40	CDR	Prep for MCA fan R&R
15:40-17:40	FE-1	Searching for Absorber Cartridge ЛП-9 for Orlan. <i>Tagup as necessary (S-band)</i>
17:40-18:40	FE-1	Physical Exercise (VELO+RED) day 1
17:40-18:10	CDR	COЖ maintenance.
18:10-18:15	CDR	Setting up HAM radio
18:15-18:25	CDR	HAM radio session
18:25-18:40	CDR	IMS Update
18:40-18:55		Daily Planning Conference ( <i>S-band</i> )
18:55-19:15	FE-1	Report prep
18:55-19:00	CDR	Transferring TVIS, RED, and HRM data to MEC
19:00-19:05	CDR	O2 and CO2 status check.
19:15-19:40		Daily Food Prep
19:40-19:55		FD / ISS crew conference ( <i>S-band</i> )
19:55-20:25		DINNER

20:25-21:30		Pre-sleep
21:30-06:00		SLEEP
<b>Task List</b>	FE-1	GCF-JAXA. TBY temperature check
		PLANTS-2. Payload status check

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

End of Radiogram