

**Progress M-53 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
08:00-08:15		Daily planning conference ( <i>S-band</i> )
08:15-10:00		TVIS IFM
10:00-11:00	FE-1	Physical exercise (CEVIS)
10:00-10:20	CDR	Test of KЛ-154 TV camera with video recording on LIV. Setup
10:25-10:40	CDR	Undocking observation
10:40-10:50	CDR	Test of KЛ-154 TV camera with video recording on LIV Close-out ops
11:00-12:30	FE-1	Physical exercise (RED)
11:05-12:05	CDR	Physical Exercise (VELO + Force Loader /Cycle 1), day 1
12:05-12:35	CDR	COЖ maintenance
12:30-12:35	FE-1	Transfer TVIS, RED, and HRM data to MEC
12:35-13:35		LUNCH
13:35-16:55		TVIS IFM
16:55-18:25	CDR	Physical exercise (RED)
16:55-17:55	FE-1	Shuttle hardware prepack
18:10-18:30	FE-1	IMS file prep
18:30-19:00		Daily plan review
19:00-19:15		Daily planning conference ( <i>S-band</i> )
19:15-19:30		Report prep
19:30-20:00		DINNER
20:00-20:30		Daily food prep
20:30-21:30		Pre-sleep
21:30-06:00		SLEEP
<b>Task List</b>		SM ПxO and DC1 reconfig to initial state after EVA
	CDR	PLANTS-2. Payload status check
		URAGAN. Observation and photo imagery
		PLANTS-2. Data downlink

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

End of Radiogram