

**Progress Docking to ISS SM [AO] +X Port**

GMT	CREW	ACTIVITY
06:00-06:10		Morning inspection
06:10-06:40		Post-sleep
06:40-07:30		BREAKFAST
07:30-08:05	CDR	SFOG Candle Replacement and Activation. <b>Report to MCC</b> part numbers of used candles
09:30-10:30	FE-1	Physical exercise (CEVIS)
10:30-12:00	CDR	Physical exercise (TVIS) – day 2
10:30-12:00	FE-1	Physical exercise (RED)
12:00-12:30	CDR	COX maintenance
12:10-12:15	FE-1	Transfer TVIS, RED, and HRM data to MEC
12:30-12:45		Work prep
12:45-13:00		Daily planning conference (S-band)
13:00-14:00		LUNCH
14:00-20:30		SLEEP
20:30-20:40		Morning inspection
20:40-21:10		Post-sleep
21:10-22:00		BREAKFAST
22:00-22:15		Work prep
22:15-22:30		Daily planning conference (S-band)
22:30-22:40	CDR	Comm config before Progress docking
22:30-22:45	FE-1	Photo /TV - A31P laptop configuration
22:45-23:15		Preparation for Progress 353 docking
23:15-00:45		Progress #353 docking to the SM AO [Propulsion Compartment]
00:50-01:00	CDR	Progress post-docking comm reconfig
00:55-01:25	FE-1	Midday meal
01:00-01:30	CDR	
01:25-02:20	FE-1	Tear down the TV Ku-band downlink setup after Progress docking /
01:40-02:10	CDR	Daily food prep
02:20-03:35		SM [AO]-Progress hatch leak check
03:35-03:55		<b>Opening transfer hatches ПpK-CY and Progress-CY</b>
03:55-04:15		Installing quick disconnect screw clamps
04:15-04:30	CDR	Progress air sampling using AK-1M sampler
04:30-05:00	FE-1	Daily food prep
04:30-05:00	CDR	Progress deactivation, air duct installation
05:00-06:00		Pre-sleep
06:00-14:30		SLEEP

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

End of Radiogram