

**"Progress M1-11" Cargo Vehicle Undocking from SM Propulsion Compartment (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	CDR	Prep for work
07:30-07:55	FE-1	
07:55-08:00		LAB window leak check
08:00-08:15	.	DPC ( <i>S-band</i> )
08:15-08:20	FE-1	EMU O2 pressure reading for leak rate assessment
08:15-08:30	CDR	Regeneration of Φ1 БМП cartridge (initialization)
08:20-09:10	FE-1	Equipment stowage in US Airlock
08:30-09:00	CDR	Equipment search for Real-time Monitoring Analyzer (AOK) ГАНК-4М (CMS)
09:10-09:25	.	Monitoring of "Progress M1-11" Cargo Vehicle undocking from SM Propulsion Compartment (AO)
09:25-10:15	FE-1	Equipment stowage in US Airlock
	CDR	Real-time Monitoring Analyzer (AOK) ГАНК-4М installation. <i>Tagup with specialists (S-band)</i>
		Test closing of Vozdukh System Redundant Emergency Vacuum Valves (ABK)
10:15-10:33		
10:15-10:35	FE-1	IMS delta file prep
10:33-11:00	CDR	<b>PAO Event:</b> Address to the IV International Conference "Small Satellites" ( <i>To=10.33, T1, T2, T3 - from СПП</i> )
10:35-11:00	FE-1	
11:00-12:00	CDR	Physical exercise (VELO+ForceLoader-1) – day 1
11:00-11:05	FE-1	Increment 9 – Payload status check
11:05-11:10		EXPRESS rack #5 – laptop activation
11:10-11:25		BCAT imagery prep
11:25-11:40		SNFM OBT
11:40-12:10		SNFM – EXPRESS rack laptop software download
12:10-12:40		COЖ maintenance
12:10-12:30	CDR	Verification of Progress “Display” screen startup on SM video monitors БКУ 2 и ЦБКУ "Simvol"
12:30-12:50		CKB2 test with КОБ2 (Heating Loop 2) - initialization
12:40-12:50	FE-1	PAO equipment setup
12:50-13:00		PAO crew prep
13:00-13:20		PAO for Associated Press Pittsburgh Post-Gazette ( <i>Ku+S-band</i> )
13:20-14:20		LUNCH
14:20-15:20		DOUG s/w review
15:20-16:20	CDR	ΠΦ1-4 dust collector cartridge replacement in the SM ( <i>17KC 53Ю 5003A-0 – vertically, (ΦГБ1ПГО_1_113_1, bag # 3-1 or #1), discard removed cartridges for disposal, update IMS</i> )
15:20-15:35	FE-1	Questionnaire – journal entry
15:50-16:50		Physical exercise (TVIS)
16:20-17:10	CDR	Cleaning of Dust Collectors ΠΦ1 & ΠΦ2 and B1, B2 fan grille covers in DC1

16:50-16:55	FE-1	TVIS weekly maintenance
16:55-18:10		Physical exercise (RED)
17:10-18:40	CDR	Physical exercise (TVIS+RED) - 1
18:10-18:30	FE-1	ADV USND – analysis
18:30-19:00		Daily plan review
18:40-19:00	CDR	
19:00-19:10		Report prep
19:00-19:25	FE-1	
19:10-19:15	CDR	CKB2 test with KOБ2 (Heating Loop 2) - end
19:15-19:25		Report prep
19:25-19:40		DPC ( <i>S-band</i> )
19:40-20:10		DINNER
20:10-20:30		Daily food prep
20:30-21:30		Pre-sleep
21:30-06:00		SLEEP
<b>Task List</b>	CDR	Inventory of lights
		Evaluation of available volume in FGB and DC-1 for unloading of Progress 249

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