

PROGRESS 356 INTEGRATION INTO ISS

ВРЕМЯ	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>)
08:15-09:05	CDR	Setting up YC-21 container (003339R ФГБ1ПГО_1_112) on Progress #356
08:15-08:30	FE-1	MSG: activation
08:30-09:30		PFMI/g-LIMIT: hardware installation
09:05-09:15	CDR	On MCC Go: Mate YC-21 telemetry connector to БИТС2-12
09:15-10:15		Installation of Local Temperature Sensor Switching Unit [ЛКТ] and ROM in Progress 356
09:30-10:00	FE-1	PFMI, crew conference
10:00-10:25		GASMAP HRF - routine health check and power up
10:15-10:30	CDR	Taking readings from AOK ГАНК-4М gas analyzer
10:30-12:00	FE-1	Physical Exercise (TVIS)
10:40-11:20	CDR	Electron activation <i>Tagup with specialists (S-band)</i>
11:20-11:50		COЖ maintenance
11:50-13:20		Physical Exercise (TVIS), Day 3
12:00-12:10	FE-1	Scheduled inspection of RED
12:10-13:10		Physical Exercise (RED)
13:20-14:20		LUNCH
14:20-14:35	CDR	Motorola phone charging: setup, start charge. <i>Tagup with specialists as necessary (S-band)</i>
14:25-14:40	FE-1	Food frequency questionnaire
14:35-14:50	CDR	IMS tagup (<i>S-band</i>)
14:45-16:45	FE-1	PFMI/g-LIMIT: setting up video equipment, steps 2-6
14:50-14:55	CDR	Motorola phone charging - status check
14:55-15:10		БСПН S/W modification for ROKVISS experiment. <i>Tagup with specialists (S-band)</i>
15:10-15:15		Motorola phone charging - status check
15:15-15:30		БСПН S/W modification for ROKVISS experiment. <i>Tagup with specialists (S-band)</i>
15:30-15:35		Motorola phone charging - status check
15:35-15:45		Motorola phone charging - terminate charging, cleanup
15:45-17:15		Pretreat container swap in ACY
16:45-16:55		MSG - power down
17:00-17:25	FE-1	Scheduled maintenance of Compound Specific Analyzer- Combustion Products (CSA-CP)
17:15-18:15	CDR	Physical Exercise (VELO + Load Trainer/Cycle 1), day 3

17:25-17:30	FE-1	GASMAP HRF - routine health check power down
17:30-18:00		Airlock Vent and Relief Valve Disconnect
18:00-18:10		Creating Event Log File and clearing Event Logs
18:15-18:30		Daily planning conference (<i>S-band</i>)
18:30-18:45	CDR	IMS update
18:35-18:40	FE-1	Compound Specific Analyzer- Combustion Products (CSA-CP) spot check
18:40-18:45		Transferring TVIS, RED, and HRM data to MEC
18:45-18:50		Rebooting OCA SSC router
18:50-18:55		O2 and CO2 monitoring
18:55-19:10		Questionnaire - journal entry (FE-1)
19:15-19:45		DINNER
19:45-20:00		Flight Director / ISS Crew Tagup (<i>S-band</i>)
20:00-20:30		Daily Food Prep
20:30-21:30		Pre-sleep
21:30-06:00		SLEEP
Task list	CDR	Search for missing hardware

Note: See OSTP for references to US activities.

End of radiogram