

**Purging and Evacuation of Progress (DC) Fuel and Oxidizer Refilling Devices (3YГ), (3YО). SM and Progress TORU Test.**

GMT	CREW	ACTIVITY
06:00-06:10		Morning inspection
06:10-06:40		Post-sleep
06:40-07:30		BREAKFAST
07:30-07:40		Work prep
07:40-07:55		Daily Planning Conference ( <i>S-band</i> )
07:55-08:15		Work prep
08:15-08:55	CDR	Filling EDV (KOV) for Elektron
08:25-08:55	FE-1	Psychological evaluation program (WinSCAT)
08:55-09:25	CDR	COЖ maintenance
08:55-09:25	FE-1	Defibrillator Battery 1 charge, start
09:25-09:35	CDR	NOA1. Hardware setup and activation
09:25-10:55	FE-1	Physical Exercise (TVIS)
09:35-10:05	CDR	ACH-M raw data prep for OCA downlink. <i>Tagup with specialists as necessary (S-band)</i>
10:05-10:30		NOA (ESANO1). Measurement and close out ops
10:40-12:10	CDR	Physical Exercise (TVIS) day 1
11:55-12:55	FE-1	Physical Exercise (RED)
12:10-13:10	CDR	Stowing hardware in Progress 355 for disposal and IMS update
12:55-13:05	FE-1	Defibrillator Battery 1 charge, termination. Start battery 2 charge
13:05-13:15		CWC audit
13:10-13:15	CDR	<b>On MCC Go</b> ISS O2 repress from Progress 355 CpПK (start)
13:15-14:15		LUNCH
14:15-14:20	CDR	ISS O2 repress from Progress 355 CpПK (terminate)
14:15-16:45	FE-1	Stowing hardware in Progress 355 for disposal and IMS update
14:20-16:50	CDR	
16:45-16:50	FE-1	Defibrillator Battery 2 charge, termination.
16:50-17:30		SM and Progress TORU test without firing Progress Approach & Attitude Control Thrusters [ДПО] (vehicle-to-vehicle test)
17:30-18:30	CDR	Physical Exercise (VELO + Force Loader /Cycle 1), day 1
17:35-17:50	FE-1	Food frequency questionnaire
17:50-18:05		Measuring defibrillator battery voltage
18:05-18:20		Questionnaire - journal entry
18:20-18:55		Evening work prep
18:30-19:05	CDR	
18:55-19:00	FE-1	O2 and CO2 monitoring
19:00-19:05		Transferring TVIS, RED, and HRM data to MEC
19:05-19:20		Daily Planning Conference ( <i>S-band</i> )

19:20-19:30		Evening work 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>	CDR	Search for missing hardware

**NOTE:** 00:30-01:30, 02:30-03:30 – Voice link is not available  
(HSRP reconfig test at MCC-M and MCC-H).  
See OSTP for references to US activities.

End of Radiogram