

Progress 355 Cargo Transfer Ops

GMT	CREW	ACTIVITY
06:00-06:10		Morning inspection
06:10-06:40		Post-sleep
06:40-07:30		BREAKFAST
07:30-07:55		Work prep
07:55-08:10		Daily planning conference (<i>S-band</i>)
08:10-08:30	CDR	Renal Stone: urine collection
08:10-08:25	FE-1	БМП Ф1 cartridge regeneration (start)
08:25-08:45		Renal Stone: urine collection
08:35-08:45	CDR	PAO hardware setup
08:45-08:50		Crew PAO prep
08:50-09:15		Expedition 12 Crew New Year Press Conference (<i>Ku + S-band</i>)
09:15-10:45	FE-1	CARDIOCOG. Hardware test. <i>Tagup with specialists (S-band)</i>
09:15-10:15	CDR	Progress 355 transfers with IMS updates
10:15-10:30		CARDIOCOG. Hardware test. <i>Tagup with specialists (S-band)</i>
10:30-12:10		Progress 355 transfers with IMS updates
10:45-11:00	FE-1	Renal Stone: diet log
11:00-12:00		Replacement of Gas-Liquid Mixture Filter (ФГС) in CPBK-2M (<i>use #301004 b/c 00037397R, CM1PO_4_436_1. Removed unit – for disposal</i>)
12:00-12:20		Renal Stone: urine collection
12:10-12:25	CDR	Renal Stone: diet log
12:20-13:50	FE-1	Physical exercise (TVIS), Day 1
12:25-13:25	CDR	Physical Exercise (RED)
13:25-13:45		Renal Stone: urine collection
13:45-13:50		On MCC Go ISS O2 repress from Progress 354 CpПК (start)
13:50-14:50		LUNCH
14:50-15:40	FE-1	CPB-K2M Line 1 БПК Separator R&R (<i>use #909009 CM1PO_2_250_1 bag III-1 or #302073 ФГБ1ПГО_4_409_1 bag #II-2 248-16. Removed unit – for disposal</i>)
14:50-14:55	CDR	ISS O2 repress from Progress 354 CpПК (terminate)
14:55-15:25		COЖ maintenance
15:25-15:45		Renal Stone: urine collection
15:40-16:00	FE-1	Erasing ISS-11 photo files from Laptop RSK-1 HDD. <i>Tagup with specialists (S-band)</i>
15:45-15:55	CDR	CWC inventory
15:55-16:15		IMS update
16:00-16:20	FE-1	Renal Stone: urine collection
16:15-17:45	CDR	Physical Exercise (TVIS)
16:55-17:25	FE-1	Daily plan review
17:25-18:25		Physical Exercise (VELO + RED) day 1
17:45-17:55	CDR	TVIS Weekly Maintenance
17:55-18:15		Renal Stone: urine collection
18:15-18:20		Transferring TVIS, RED, and HRM data to MEC
18:20-18:45		Daily plan review

18:25-18:45	FE-1	Renal Stone: urine collection
18:45-19:00		Daily planning conference (<i>S-band</i>)
19:00-19:15		Weekly conference with the Program management (<i>S-band</i>)
19:15-19:30		Report prep
19:30-20:00		DINNER
20:00-20:30	CDR	Daily food prep
20:00-20:15	FE-1	Daily food prep
20:15-20:30		БМП Φ1 cartridge regeneration (termination)
20:30-21:30		Pre-sleep
21:30-06:00		SLEEP
Task List	FE-1	GCF-JAXA. TBY temperature check

Note: See OSTP for references to US activities.
End of Radiogram