

**FIXED AMOUNT REFUEL OF FGB LOW-PRESSURE FUEL TANK БНДГ(О) 1 FROM PROGRESS 354 КДУ SECTION 2**

GMT	CREW	ACTIVITY
06:00-06:10	.	Morning inspection
06:10-06:40		Post-sleep
06:40-07:30		BREAKFAST
07:30-10:30	CDR	Weekly Housekeeping
07:30-07:45	FE-1	Regeneration of Micropurification System [БМП] Φ1 cartridge (start)
07:45-10:45		Weekly Housekeeping
10:45-11:45		Physical Exercise (VELO+RED) - 3.
10:30-12:00	CDR	Physical exercise (TVIS)
12:00-13:00		Physical Exercise (RED)
12:15-12:30	FE-1	Private psychological conference (VHF)
13:05-13:35	.	Weekly planning conference ( <i>S-band</i> )
13:35-13:40	FE-1	<b>On MCC Go</b> ISS O2 repress from Progress 354 CpПK (start)
13:40-14:40	.	LUNCH
14:40-14:45	FE-1	ISS O2 repress from Progress 354 CpПK (terminate)
17:35-17:55	CDR	EPO P/L experiment / activity review
17:55-18:05		EPO P/L experiment / setting up Camcorder
18:05-18:30		EPO P/L experiment / demonstration of vibrations ( <i>Ku+S-band</i> )
18:30-18:40		EPO P/L experiment / hardware stowage
17:45-19:15	FE-1	Physical Exercise (TVIS) day 3
18:45-19:15	CDR	COЖ maintenance
19:15-19:40	FE-1	Daily food prep
19:15-19:20	CDR	O2 and CO2 status check
19:20-19:25		Transferring TVIS, RED, and HRM data to MEC
19:25-19:40		Private family conference ( <i>S+Ku-band</i> )
19:40-20:10		DINNER
19:40-20:15	FE-1	
20:10-20:30	CDR	Daily food prep
20:15-20:30	FE-1	Regeneration of Micropurification System [БМП] Φ1 cartridge (terminate)
20:30-21:30	.	Pre-sleep
21:30-06:00		SLEEP
<b>Task List</b>	FE-1	GCF-JAXA. TBY temperature check
		STATOKONIA. APT temperature check

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

End of radiogram