

HEALTH STATUS. PROGRESS TRANSFERS

GMT	CREW	ACTIVITY
06:00-06:10		Morning inspection
06:10-06:35		Post-sleep
06:35-06:45	CDR	MO-8. Set-up
06:35-06:45	FE-1	Calf measurement
06:45-06:55	CDR	
06:45-07:00	FE-1	Body mass measurement
07:00-07:15	CDR	
07:05-07:15	FE-1	PAO hardware setup
07:15-07:25		Crew prep for PAO
07:25-07:35		ISS crew TV conference with RSC Energia management (<i>Ku+S-band</i>)
07:35-07:55		BREAKFAST
07:55-08:10		Daily Planning Conference (<i>S-band</i>)
08:10-08:40		BREAKFAST
08:40-09:00	FE-1	Work prep
08:40-08:50	CDR	MO-8. Close-out ops
08:50-09:00		Work prep
09:00-09:15		ISS crew TV conference with President of RF (<i>Ku+S-band</i>)
09:15-10:05	CDR	Crew time for adaptation and ISS familiarization
09:15-10:15	FE-1	
10:05-10:35	CDR	Bracelet questionnaire
10:15-10:20	FE-1	EXPRESS 4 Rack Laptop power connect.
10:20-10:35		Connect BPC ER1 MTL to UIP in LAB102
10:35-10:50		TV PAO. The Cosmonautics Day Greetings (<i>Ku + S-band</i>) /
10:50-11:15	CDR	COЖ maintenance
10:50-11:25	FE-1	TVIS Monthly Maintenance
11:15-11:25	CDR	Crew Discretionary Conference – conference with support group from singing club “Musical Aviation Institute” (<i>Ku+S-band</i>)
11:25-11:35		Crew time for adaptation and ISS familiarization
11:25-12:55	FE-1	Physical Exercise (TVIS)
11:35-12:35	CDR	Physical exercise (VELO + Load Trainer/Cycle 1), day 3
12:50-13:05		DVIS configuration check. <i>Checking simultaneous interpretation loop configuration on S/G1 and S/G2 via DVIS (S-band)</i>
13:05-14:05		LUNCH
14:05-16:05	CDR	CREW OFF DUTY. <i>Compensation for 04/10/06</i>
14:26-14:38		ISS crew TV conference with VESTY+ program's D. Kiselev (<i>Ku+S-band</i>)
14:40-14:50	FE-1	Post-PAO equipment stowage
16:05-17:05	FE-1	Physical Exercise (RED)
16:05-16:55	CDR	Replacing filters in FGB dust collectors ПС1, ПС2 (ФГБ1ПГО_2_227_1 in

		white bag III-3/259-3 or ФГБ1ПГО_2_226_1, in bag #351-3. Update the IMS)
16:55-18:25		Physical exercise (TVIS), Day 3
17:05-17:35	FE-1	Heart Rate Monitor (HRM) – software preparation
17:35-17:55		IMS update
17:55-18:10		Questionnaire - log entry
18:10-18:15		Monitoring O2 and CO2 readings
18:15-18:50		Evening work prep
18:25-18:30	CDR	Hematocrit. Setup
18:30-18:55		Evening work prep
18:50-18:55	FE-1	Transferring TVIS, RED, and HRM data to MEC
18:55-19:15		Weekly crew conference with the ISS Program Management (<i>S-band</i>)
19:15-19:30		Daily Planning Conference (<i>S-band</i>)
19:30-20:00		DINNER
20:00-20:30		Daily Food Prep
20:30-21:30		Pre-sleep
21:30-06:00	.	SLEEP
Task list		Progress 355 transfers and IMS update

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

End of radiogram