

**Progress 359 transfers and IMS updates**

GMT	CREW	ACTIVITY
08:30-08:40		Morning Inspection
08:40-09:10		Post-sleep
09:10-10:00		BREAKFAST
10:00-10:30		Prep for Work
10:30-10:45		Daily Planning Conference ( <i>S-band</i> )
10:45-11:00		ISS crew and ГОГ (RSA Flight Control Team) weekly conference ( <i>S-band</i> )
11:00-11:30	CDR, FE-2	SAFER CBT using CD
11:00-11:15	FE-1	Taking readings from AOK ГАНК-4М gas analyzer
11:15-11:30	FE-1	IMS tagup ( <i>S-band</i> )
11:30-12:00	CDR, FE-2	SAFER test
11:30-13:00	FE-1	Progress 359 transfers and IMS updates
12:00-12:30	CDR, FE-2	METOX installation
12:30-14:00	CDR	Physical Exercise (TVIS + CEVIS)
12:30-13:00	FE-2	VOA activation
13:00-14:30	FE-1	Physical Exercise (TVIS), Day 3
13:15-14:15	FE-2	Physical Exercise (RED)
14:00-14:30	CDR	EMU helmet light installation
14:25-14:30	FE-2	Checking VOA analyzer
14:30-15:30		EVA Decontamination Drill
15:30-16:30		LUNCH
16:30-18:15		EVA procedure review
18:15-18:30		ISS14 / MKC-15 Crew Handover Conference ( <i>S-band</i> )
18:30-19:00	FE-1	COЖ maintenance
18:30-18:50	FE-2	IMS Update
18:45-18:50	CDR	Payload status check
18:50-19:00	CDR	O2 level check
18:50-18:55	FE-2	OCA SSC router reboot
18:55-19:00	FE-2	SSC file server reboot
19:00-19:45		EVA tagup with MCC ( <i>S-band</i> )
19:45-20:45	CDR	Physical Exercise (RED)
19:45-20:15	FE-1	ALTCRISS. Hardware check. <i>Tagup (S-band)</i>
19:45-20:00	FE-2	Crew discretionary conference ( <i>S-band</i> )
20:00-21:25	FE-2	Physical Exercise (CEVIS)
20:15-21:15	FE-1	Physical Exercise (VELO + RED) day 3
20:45-21:20	CDR	Evening work prep
21:15-21:25	FE-1	
21:20-21:25	CDR	Transfer TVIS/RED/CEVIS/HRM data to MEC
21:25-21:40		Daily Planning Conference ( <i>S-band</i> )
21:40-22:15		DINNER

22:15-22:35		Flight Director / ISS Crew Tagup ( <i>S-band</i> )
22:35-23:00		Daily Food Prep
23:00-00:00		Pre-sleep
00:00-08:30		SLEEP
<b>Task List</b>	FE-1	Rasteniya-2. Payload status check
		TBY (Universal Bioengineering Thermostat). Temperature check

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