

**Progress 415 Undock from DC1**

TIME	CREW	ACTIVITY
06:00-06:10	<b>CDR, FE-2, FE-4</b>	Morning Inspection
06:00-06:15	FE-6	Urine Drop Sampling
06:00-06:10	FE-5	Reaction Self-Test
06:00-06:05	FE-3	Urine Drop Sampling
06:05-06:10	FE-3	Reaction Self-Test
06:10-06:20	FE-5, FE-3	Morning Inspection
06:10-06:40	<b>CDR, FE-2, FE-4</b>	Post-Sleep
06:15-06:25	FE-6	Reaction Self-Test
06:20-06:50	FE-5, FE-3	Post-Sleep
06:25-06:35	FE-6	Morning Inspection
06:35-07:05	FE-6	Post-Sleep
06:40-07:30	<b>CDR, FE-2</b>	Breakfast
06:40-07:30	<b>FE-4</b>	Breakfast. <b><i>SM C&amp;W Panel Test (after breakfast)</i></b>
06:50-07:40	FE-5, FE-3	Breakfast
07:05-07:55	FE-6	Breakfast
08:45-10:15	FE-5	Physical Exercise - ARED
10:00-11:30	<b>CDR</b>	Physical Exercise - TVIS Day 3
10:15 AM-11:30	<b>FE-2</b>	Physical Exercise - ARED
10:30-10:45	<b>FE-4</b>	Private Family Conference ( <i>S+Ku-band</i> )
11:30-13:00	FE-6	Physical Exercise - ARED
11:30-13:00	<b>FE-4</b>	Physical Exercise - TVIS Day 3
11:55-12:25	FE-5	ICV - Monitoring End
12:00-13:00	FE-3	Physical Exercise - T2
13:00-14:00	.	Lunch
14:00-14:15	FE-6	PROK: diet data collection (Day 1)
14:00-14:40	<b>FE-2</b>	COX Maintenance. <b><i>Data Downlink for [CBO], CPO, CПKY ACY, YOB "Potok" in SM and FGB</i></b>
14:00-14:05	FE-3	PROK: diet data collection (Days 2-4)
14:05-14:15	FE-3	USOS Window Shutter Closure
14:25-14:40	FE-5	Private Medical Conference
15:20-15:35	FE-6	Private Medical Conference
15:25-16:55	FE-3	Physical Exercise - ARED
15:30-16:30	<b>CDR</b>	Physical Exercise - VELO Day 3
16:00-16:15	FE-6	Private Family Conference
16:05-17:05	FE-5	Physical Exercise - T2
16:30-17:45	<b>FE-2</b>	Physical Exercise - TVIS Day 2
17:20-17:25	FE-3	ISS HAM. Radio Setup in Service Module
17:25-17:40	FE-3	ISS HAM. Ham Radio Session out of Service Module

17:35-18:35	<b>FE-4</b>	Physical Exercise - VELO Day 3
17:35-18:35	FE-6	Physical Exercise - T2
17:40-17:50	FE-3	Ham Radio Hardware Shutdown
17:50-18:20	<b>CDR</b>	Evening Work Prep
18:15-18:35	FE-3	HRF - Setup of Urine Collection Hardware
18:20-18:35	<b>CDR</b>	Pre-Sleep
18:35-18:55	.	Daily Planning Conference ( <i>S-band</i> )
18:55-19:20	FE-6, FE-5, FE-3	Evening Work Prep
18:55-20:10	<b>CDR</b>	Pre-sleep
19:00-19:30	<b>FE-2, FE-4</b>	Evening Work Prep
19:20-21:20	FE-6, FE-5, FE-3	Pre-sleep
19:30-20:15	<b>FE-2</b>	Pre-sleep
19:30-21:30	<b>FE-4</b>	Pre-sleep
20:10-20:55	<b>CDR</b>	Setup for and Imagery of Progress 415 Docking Mechanism and Kurs-NA AO-753A antenna out of SM Window 7 following separation from ISS
20:15-20:25	<b>FE-2</b>	<b>On MCC Go</b> Backup for sending Procedure F8_3 ( <i>Manual Input of Undock Flag</i> )
20:25-21:30	<b>FE-2</b>	Pre-sleep
20:55-21:00	<b>CDR</b>	<b>On MCC Go</b> Transition of <b>DC-Soyuz KVD</b> to <b>CLOSED</b>
21:00-21:30	<b>CDR</b>	Pre-sleep
21:20-21:30	FE-5, FE-6	Reaction Self-Test
21:20-21:25	FE-3	HRF - Urine Sample Stow
21:25-21:30	FE-3	Reaction Self-Test
21:30-06:00	.	Sleep
<b>Task List</b>	<b>FE-2</b>	SEINER. Investigation of Ocean Basins
	<b>CDR</b>	EKON. Observation and imagery
		EKON. Imagery of Flooding in Kuban Region
	<b>CDR, FE-2</b>	Filming of Report for Roscosmos Website

**Notes:**

1. Opening of Window 9: at crew discretion with **Report to MCC**
  2. See OSTP for missing links to US activities.
  3. Pre-Sleep: Dinner, Food Prep, Evening Ablutions
  4. **T2 Exercise No Go: 19:34-20:54**
- End of Radiogram