

**PROGRESS 359 UNLOADING AND IMS UPDATES**

GMT	CREW	ACTIVITY
06:00-06:10	.	Morning inspection
06:10-06:40	.	Post-sleep
06:40-07:30	.	BREAKFAST
07:30-07:45	FE-1	Prep for Work
07:30-08:00	CDR,FE-2	Prep for Work
07:45-08:00	FE-1	БМП Φ1 Absorption Cartridge Regeneration (start)
08:00-08:15	.	Daily Planning Conference ( <i>S-band</i> )
08:15-08:25	FE-2	LOCAD-PTS: Teleconference of specialists with the crew ( <i>S-band</i> )
08:15-09:45	CDR,FE-1	Review procedure CKB1 Condensate Removal Recovery
08:30-09:00	FE-2	LOCAD - Setting up experiment equipment
09:00-09:15	FE-2	LOCAD - video setup
09:15-09:35	FE-2	LOCD - media setup with video
09:35-09:50	FE-2	LOCD - swab ops with video
09:45-10:45	CDR	Audit of RS ISS CCBП [Docking And Internal Transfer System] items
09:45-11:15	FE-1	Physical Exercise (TVIS), day 1
09:50-10:05	FE-2	LOCD - swab ops with video
10:05-10:20	FE-2	LOCD - swab ops with video
10:20-10:35	FE-2	LOCD - swab ops with video
10:35-10:55	FE-2	LOCAD - stowage 1 with video
10:45-11:45	CDR	De-installing Progress 359 docking mechanism
10:55-11:00	FE-2	LOCAD -video stowage
11:00-11:30	FE-2	Start EMU battery charge
11:15-11:45	FE-1	Crew time for ISS adaptation and orientation
11:30-11:50	FE-2	EXPRESS EMCH locker transfer
11:45-13:05	FE-1	Progress 359 unloading and IMS updates
11:45-13:15	CDR	Physical Exercise (TVIS), day 1
11:50-12:05	FE-2	EMCH - initial installation of equipment
12:05-12:10	FE-2	EMCH - activation
12:10-13:10	FE-2	Physical Exercise (RED)
13:10-14:10	FE-1,FE-2	LUNCH
13:15-14:15	CDR	LUNCH
14:10-14:50	FE-2	EMCH - operations
14:10-15:50	FE-1	Progress 359 transfers and IMS updates
14:15-16:15	CDR	
14:50-15:10	FE-2	IWIS Data Download
15:10-15:35	FE-2	IWIS deactivation
15:35-16:00	FE-2	EMCH - operations
15:50-16:20	FE-1	Replacement of Multifiltration Unit CPB-K2M ( <b>#507023, b/c 00038933R, ΦГБ_424_1. Discard the removed unit</b> )
16:00-16:05	FE-2	EMCH - deactivation
16:15-17:15	CDR	Crew time for ISS adaptation and orientation

16:25-17:25	FE-1	Physical Exercise (VELO+RED) day 1
16:30-17:00	FE-2	COX maintenance
17:00-18:30	FE-2	Physical Exercise (CEVIS)
17:15-18:15	CDR	Physical Exercise (VELO+RED) day 1
17:25-17:55	FE-1	Crew time for ISS adaptation and orientation
18:00-18:45	FE-1	Evening work prep
18:15-18:45	CDR	Evening work prep
18:30-18:35	FE-2	Transfer TVIS/RED/CEVIS/HRM data to MEC
18:35-18:45	FE-2	Evening work prep
18:45-19:00	.	Daily Planning Conference ( <i>S-band</i> )
19:00-19:30	CDR	Evening work prep
19:00-19:15	FE-1	Evening work prep
19:00-19:10	FE-2	Evening work prep
19:10-19:30	FE-2	IMS Update
19:15-19:45	FE-1	DINNER
19:30-20:00	CDR,FE-2	DINNER
19:45-20:15	FE-1	Daily Food Prep
20:00-20:30	CDR,FE-2	Daily Food Prep
20:15-20:25	FE-1	Pre-sleep
20:25-20:40	FE-1	БМП Φ1 Absorption Cartridge Regeneration (termination)
20:30-21:30	CDR,FE-2	Pre-sleep
20:40-21:30	FE-1	Pre-sleep
21:30-06:00	.	SLEEP

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

End of Radiogram