

Progress 356 Unloading

GMT	CREW	ACTIVITY
06:00-06:10	.	Morning Inspection
06:10-06:40	.	Post-sleep
06:40-07:30	.	BREAKFAST
07:30-07:45	.	Daily Planning Conference (<i>S-band</i>)
07:45-08:05	CDR	Work prep
07:45-07:55	FE-1	
07:55-08:05	FE-1	Set up for PAO event
08:05-08:15		Crew prep for PAO
08:15-08:25		TV greetings for 60 th anniversary of TsNIIMASH (<i>Ku+S-band</i>)
08:25-08:35	FE-1	Post-PAO hardware stowage
08:25-11:35	CDR	Progress 356 unloading using IMS
08:35-10:35	FE-1	
10:35-12:05	FE-1	Physical Exercise (CEVIS)
11:35-13:05	CDR	Physical Exercise (TVIS) - day 1
12:05-13:05	FE-1	Physical Exercise (RED)
13:05-14:05		LUNCH
14:05-14:35	FE-1	COX maintenance
14:05-16:55	CDR	Progress 356 unloading using IMS
14:35-17:45	FE-1	PBA and PFE inspection
16:55-17:15	CDR	IMS update
17:15-18:15		Physical Exercise (VELO + Load Trainer/Cycle 1), Day 1
17:45-18:00	FE-1	Questionnaire – journal entry
18:15-18:20	CDR	On Ground Go: O2 repress from CpПК (start)
	FE-1	Monitoring O2 and CO2 readings
18:20-18:25	FE-1	Transferring TVIS, RED, and HRM data to MEC
18:25-18:40		Daily Planning Conference (<i>S-band</i>)
18:40-19:10		Evening work prep
19:20-19:25	CDR	O2 repress from CpПК (termination)
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	CDR	Search for missing hardware
		Search for hardware needed to perform TCS [COTP] test

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

End of Radiogram