

**Single burn ISS reboost using Progress R&D thrusters**

GMT	CREW	ACTIVITY
06:00-06:10	.	Morning inspection
06:10-06:40	.	Post-sleep
06:40-07:30	.	BREAKFAST
07:30-08:00	.	Prep for work
08:00-08:15	.	Daily planning conference ( <i>S-band</i> )
09:00-10:00	FE-1	Physical exercise (TVIS)
09:30-11:00	CDR	Physical exercise (VELO+IRED-day 3)
10:00-11:00	FE-2	Physical exercise (TVIS)
10:55-11:00	FE-1	IV-CPDS spectrometer power cycle
11:00-12:00	.	LUNCH
12:00-13:00	FE-1,FE-2	Two cable inserts install and TCS test
13:00-14:15	FE-2	Physical exercise (RED)
13:45-14:45	CDR	Physical exercise (TVIS-day 3)
14:00-15:15	FE-1	Physical exercise (RED)
14:50-15:15	FE-2	ISS-4 payload status check
15:15-15:45	.	Daily plan review
15:45-16:00	.	Daily planning conference ( <i>S-band</i> )
16:00-16:30	.	Prep for work
16:30-17:00	.	DINNER
17:00-17:30	.	Daily food prep
17:30-18:00	.	Pre-sleep
18:00-02:30		SLEEP

Note: See OSTP for references to US activities.

End of radiogram