## Radiogram No. 6458u Forn **Progress attitude and docking thruster test as part of ISS. Dynamic test**

GMT	CREW	ACTIVITY
06:00-06:10		Morning inspection
06:10-06:20	CDR	MO-8. Assembly
06:10-06:20	FE -1	Calf measurements
06:20-06:35	FE -1	Body mass measurement
06:20-06:30	CDR	Calf measurements
06:35-06:55	FE -1	Post-sleep
06:35-06:50	CDR	Body mass measurement
06:50-07:00	CDR	MO-8. Closeout operations
06:55-07:45	FE -1	BREAKFAST
07:00-07:25	CDR	Post-sleep
07:25-08:15	CDR	BREAKFAST
07:45-08:15	FE -1	Prep for work
08:15-08:30	-	Daily planning conference (S-band)
08:30-08:55	CDR	Prep for work
08:35-10:25	FE -1	Progress M-48 cargo transfer ops and inventory
08:55-09:15	CDR	Laptop 2 battery cycling
09:15-10:35	CDR	Progress M-48 cargo transfer ops and inventory
10:25-10:45	FE -1	EMU battery recharge (start)
10:45-12:00	FE -1	Physical Exercise – TVIS
10:45-10:55	CDR	Replacement of ИК0501 CO2 Filter Unit (БΦ) for No. 069 (location ΦΓΕ_ΠΓΟ_behind 213, white bag 3/246-2). Dismantled CO2 filter unit (БΦ) to be put to 3ИП ГА (CM_449_1) for a subsequent return to the ground
10:55-11:10	CDR	HAM Radio packet module check out (part 2)
11:15-12:15	CDR	Physical Exercise (VELO + Load Trainer-1 / day 4)
12:00-12:15	FE -1	GASMAP HRF – power up to verify operability 30 days
12:15-13:15		LUNCH
13:15-15:15	CDR	Progress M-48 cargo transfer ops and inventory
13:15-14:35	FE -1	Progress M-48 cargo transfer ops and inventory
14:35-15:15	FE -1	IMS file prep
15:15-16:00	FE -1	GASMAP HRF – functional test, 30 days
15:15-15:25	CDR	Laptop 2 battery cycling (end)

15:25-16:05	CDR	Maintenance of СОЖ
16:10-16:20	FE -1	PAO equipment set up
16:20-16:30		PAO Prep
16:30-16:50		International Federation of Astronauts Greetings (Ku+S-band)
16:50-18:05	FE -1	Physical Exercise (RED)
16:50-18:20	CDR	Physical Exercise TVIS-4
18:05-18:20	FE -1	GASMAP HRF - power reduction
18:20-18:30	FE -1	EXPEDITION 7 Payload status check.
18:20-18:30	CDR	"Hematokrit". Setup
18:30-18:45		Daily plan review
18:45-19:00		Daily planning conference (S-band)
19:00-19:30		Prep for work
19:30-20:00		DINNER
20:00-20:30		Daily food prep
20:30-21:30		Pre-sleep
21:30-06:00		SLEEP

Note: See OSTP for references to US activities End of radiogram