

PROGRESS 359 UNDOCKING FROM DC1

GMT	CREW	ACTIVITY
06:00-06:10	CDR,FE-1	Morning inspection. <i>Inspection of Circuit Breaker [A3CO]on DC1 Power Switch Panel (ББП) and fuses in DC1 Fuse Boxes БПП-30, -36</i>
06:00-06:30	FE-2	Nutrition: urine collection and sample insertion into MELFI
06:10-06:40	CDR,FE-1	Post-sleep
06:30-06:45	FE-2	Nutrition: blood sample collection for analysis
06:40-07:30	FE-1,CDR	BREAKFAST
06:45-06:55	FE-2	Nutrition: setting up and loading refrigerator centrifuge
06:55-07:05	FE-2	Nutrition: refrigerator centrifuge config
07:05-07:20	FE-2	Post-sleep
07:20-07:40	FE-2	Nutrition: blood sample insertion in MELFI
07:30-07:40	CDR,FE-1	Prep for Work
07:40-07:55	.	Daily Planning Conference (<i>S-band</i>)
07:55-09:55	CDR	Installation of shock absorbers and replacement of fans ВГЖТ1, ВГЖТ4. <i>Tagup with specialists as necessary (S-band)</i>
07:55-08:40	FE-2	BREAKFAST
08:40-09:40	FE-2	Hardware prepack for return on Shuttle flight 13A.1
08:45-10:15	FE-1	Physical Exercise (CEVIS), day 1
09:40-10:05	FE-2	Nutrition: urine collection and sample insertion into MELFI
10:05-11:35	FE-2	Physical Exercise (CEVIS)
10:15-11:15	FE-1	Physical Exercise (VELO + RED) day 1
10:35-12:05	CDR	Physical Exercise (TVIS), day 1
11:35-12:05	FE-2,FE-1	STS 118/13A.1 Robotics Conference (<i>S-band</i>)
12:05-12:35	CDR,FE-1	Skills training for the Shuttle R-Bar Pitch Maneuver
12:10-12:35	FE-2	Nutrition: urine collection and sample insertion into MELFI
12:35-12:45	FE-1	FMK deployment ops
12:35-12:40	CDR	Downlink images obtained during RPM OBT
12:50-13:50	.	LUNCH
14:00-14:45	FE-1	ROBOT simulator setup
14:20-14:45	FE-2	Nutrition: urine collection and sample insertion into MELFI
14:30-14:35	CDR	ON MCC GO Switch DC-Soyuz PEV [КВД СО-ТК] to CLOSED position
14:35-16:35	CDR	Installation of shock absorbers and replacement of fans ВГЖТ1, ВГЖТ4. <i>Tagup with specialists as necessary (S-band)</i>
14:45-16:45	FE-1,FE-2	Robotics - MSS Proficiency Training
16:35-17:15	CDR	Filling EDV [KOB] for Elektron from CWC 1078
16:45-16:55	FE-1	Terminate the ROBoT simulation
16:45-16:55	FE-2	Nutrition: Cleaning Refrigerator Centrifuge and Equipment Stow
16:55-17:55	FE-2	Physical Exercise (RED)
16:55-18:05	FE-1	Soundmeter Hardware setup and sound level measurements. <i>Tagup as necessary (S-band)</i>
17:15-17:45	CDR	COЖ maintenance. <i>ИП-1 Monitoring</i>
17:45-18:05	CDR	Evening work prep
18:00-18:05	FE-2	ITCS LTL Disconnect

18:05-19:05	CDR	Physical Exercise (VELO + RED), day 1
18:05-18:20	FE-1	Evening work prep
18:05-18:20	FE-2	Transfer SLM data to MEC
18:20-19:05	FE-2	Evening work prep
18:20-18:30	FE-1	Soundmeter Sound level measurements. Close-out ops. <i>Tagup as necessary (S-band)</i>
18:30-18:50	FE-1	IMS Update
18:50-18:55	FE-1	Transfer of TVIS/RED/CEVIS data to MEC
18:55-19:05	FE-1	Evening work prep
19:05-19:20	.	Daily Planning Conference (<i>S-band</i>)
19:20-19:30	.	Evening work prep
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,FE-1	RS ISS Audit behind panels in the current day work area
		RS ISS Module Photo/Video

Note: See OSTP for references to US activities.

End of Radiogram