

## Transition from PCO to OCK Attitude. Progress 355 Cargo Transfer Ops

GMT	CREW	ACTIVITY
06:00-06:10		Morning inspection
06:10-06:40		Post-sleep
06:40-07:30		BREAKFAST
07:30-07:45	CDR	Work prep
	FE-1	БМП Φ2 cartridge regeneration (start)
07:45-08:00		Daily planning conference ( <i>S-band</i> )
08:00-08:30	FE-1	Work prep
08:00-08:15	CDR	
08:15-08:35		Renal Stone: urine collection (termination)
08:30-08:50	FE-1	
08:35-08:40	CDR	Rebooting OCA SSC router
08:50-09:00	FE-1	NOA (ESANO1). Hardware setup and activation
	CDR	PAO hardware setup
09:00-09:05		PAO crew prep
09:05-09:30		ISS Crew conference with industry leaders, and RSC Energia, GCTC management ( <i>S + Ku-band</i> ). <b>For TV PAO- backup see note 2</b>
09:30-09:55	FE-1	NOA (ESANO1). Measurement and close out ops
09:30-09:50	CDR	Renal Stone: hardware stow
09:50-10:05		Food questionnaire
09:55-10:05	FE-1	NOA (ESANO1). Data downlink from RSE Laptop via OCA
10:05-10:10	CDR	Carbon dioxide monitoring
10:10-11:10		CHeCS off-nominal situation OBT
11:10-12:00	FE-1	Replacing filters in FGB dust collectors ПС1, ПС2
11:10-11:20	CDR	Prepack and stow CEVIS absorber parts
11:20-12:50		Physical exercise (CEVIS)
12:00-12:15	FE-1	IMS tagup ( <i>S-band</i> )
12:15-13:45		Physical exercise (TVIS), Day 2
12:50-13:50	CDR	Physical Exercise (RED)
13:45-13:50	FE-1	<b>On MCC GO</b> ISS repress with O2 from Progress 354 CpПК (start)
13:50-14:50		LUNCH
14:50-17:10	CDR	Progress 355 transfers and IMS update
14:50-14:55		ISS O2 repress from Progress 354 CpПК (terminate)
14:55-16:55	FE-1	ODF replacement
16:55-17:10		Taking readings from AOK ГАНК-4М gas analyzer
17:30-18:30		Physical Exercise (VELO + RED) day 2
17:30-18:00	CDR	COЖ maintenance
18:00-18:20		IMS update
18:30-18:45		Flight Director/ISS Crew Tagup ( <i>S-band</i> )
18:45-19:00		Daily planning conference ( <i>S-band</i> )
19:00-19:15	FE-1	Report prep
19:00-19:05	CDR	Transfer TVIS, RED, and HRM data to MEC.
19:05-19:15		CDR mid-increment questionnaire

19:15-19:30		ISS Crew / Kent Rominger tagup (Astronaut Office) ( <i>S-band</i> )
19:30-20:00		DINNER
20:00-20:30	CDR	Daily food prep
20:00-20:15	FE-1	
20:15-20:30		БМП Φ2 cartridge regeneration (termination)
20:30-21:30		Pre-sleep
21:30-06:00		SLEEP
<b>Task List</b>	FE-1	GCF-JAXA. ТБУ temperature check

**Notes:**

1. Note: See OSTP for references to US activities.
2. Backup TV PAO (ISS-MCC) via RGS  
Orbit 657/13 (10:37 - 10:43) **To= 10:20; T1, T2, T3** activation from СПП;  
Orbit 658/14 (12:10 - 12:18) **To=11:53; T1, T2, T3** activation from СПП;  
Orbit 659/15 (13:41 - 13:54) **To= 13:24; T1, T2, T3** activation from СПП;  
Orbit 660/01 (15:16 - 15:26) **To=14:59; T1, T2, T3** activation from СПП;

End of radiogram