

PROGRESS 359 UNLOADING. PREP FOR USOS EVA

| GMT | CREW | ACTIVITY |
|-------------|-------------|--|
| 10:00-10:20 | CDR,FE-2 | Post-sleep |
| 10:00-10:10 | FE-1 | Morning inspection |
| 10:10-10:40 | | Post-sleep |
| 10:20-10:40 | CDR,FE-2 | Crew Discretionary Conference (<i>Ku +S-band</i>) |
| 10:40-11:30 | . | BREAKFAST |
| 11:30-12:00 | . | Prep for Work |
| 12:00-12:15 | . | Morning Planning Conference (<i>S-band</i>) |
| 12:15-13:45 | CDR,FE-2 | US EVA tool config |
| 12:15-13:35 | FE-1 | Progress 359 unloading and IMS updates |
| 13:35-14:25 | | Physical Exercise (VELO) day 2 |
| 13:45-14:45 | FE-2 | Physical Exercise (RED) |
| 14:10-15:40 | CDR | Periodic Fitness Evaluation -Nom Ops |
| 14:25-14:35 | FE-1 | On MCC-M GO Mate Telemetry Connectors [ТММ] ББ-3 to БИТС2-12 |
| 14:35-15:25 | | SOUND LEVEL METER. Hardware setup and sound level measurements. <i>Tagup with specialists (as necessary) (S-band)</i> |
| 14:45-15:15 | FE-2 | Periodic fitness evaluation -NOM OPS (assistance) |
| 15:15-15:20 | | DCS battery charging |
| 15:30-16:30 | FE-2,FE-1 | LUNCH |
| 15:40-16:40 | CDR | |
| 16:30-17:10 | FE-1 | Progress 359 unloading and IMS updates |
| 16:30-16:55 | FE-2 | Pre-EVA Crew Health Status - prep |
| 16:55-17:15 | CDR | Pre-EVA Crew Health Status - subject |
| | FE-2 | Pre-EVA Crew Health Status - CMO |
| 17:10-18:10 | FE-1 | Electric continuity test of lighting switchboard and cable harness all the way up to CD1-7. <i>Tagup with specialists (S-band)</i> |
| 17:15-17:35 | CDR | Pre-EVA Crew Health Status - CMO |
| | FE-2 | Pre-EVA Crew Health Status - subject |
| 17:35-17:55 | CDR | Pre-EVA crew Health Status: data transfer |
| 17:40-18:00 | FE-2 | CEVIS monthly maintenance |
| 17:55-18:10 | CDR | Transfer SLM data to MEC |
| 18:00-19:30 | FE-2 | Physical Exercise (CEVIS) |
| 18:10-19:00 | FE-1 | Study of cardiovascular system under graded physical load (To=18:31). <i>Tagup w/specialists (VHF)</i> |
| | CDR-assists | |
| 19:00-19:10 | FE-1 | Sound level measurements. Close-out ops. <i>Tagup with specialists (as necessary) (S-band)</i> |
| 19:00-19:15 | CDR | RED inspection and access evaluation |
| 19:10-19:40 | FE-1 | Photo of a scuffmark left by the Docking Mechanism Probe on the DC1 АСП-O Receiving Cone |
| 19:15-20:15 | CDR | Physical Exercise (RED) |
| 19:30-20:00 | FE-2 | DCS 760 photo camera config for EVA |
| 19:40-19:50 | FE-1 | Downlink photo of the Docking Cone internal surface via OCA |

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| 19:50-20:20 | | COX maintenance |
| 20:00-20:15 | FE-2 | Inserting ICEPAC into MELFI |
| 20:15-20:20 | | Payload status check |
| 20:20-20:40 | | IMS update |
| 20:20-21:50 | FE-1 | Physical Exercise (TVIS), day 2 |
| 20:45-21:45 | CDR,FE-2 | EVA timeline review |
| 21:45-22:30 | | EVA tagup with MCC (<i>S-band</i>) |
| 21:50-22:05 | FE-1 | UROLUX hardware setup |
| 22:15-22:45 | | Evening work prep |
| 22:30-22:35 | CDR | Transfer TVIS/RED/CEVIS/HRM data to MEC |
| 22:30-22:45 | FE-2 | Evening work prep |
| 22:35-22:45 | CDR | |
| 22:45-23:00 | . | Daily Planning Conference (<i>S-band</i>) |
| 23:00-23:30 | . | Evening work prep |
| 23:30-00:00 | . | DINNER |
| 00:00-00:30 | . | Daily Food Prep |
| 00:30-01:30 | . | Pre-sleep |
| 01:30-10:00 | . | SLEEP |
| Task List | FE-1 | PLANTS-2. Payload status check |
| | | TBY (Universal Bioengineering Thermostat). Temperature check |

Note: See OSTP for references to US activities.
End of Radiogram