

**Progress M-57 Undocking from DC1**

<b>GMT</b>	<b>CREW</b>	<b>ACTIVITY</b>
08:30-08:40	CDR, FE-1	Morning inspection
08:30-08:35	FE-2	SLEEP - data logging
08:35-08:55	FE-2	Nutrition: urine collection
08:40-09:05	CDR, FE-1	Post-sleep
08:55-09:05	FE-2	Nutrition: urine sample insertion in MELFI
09:05-09:50	FE-1	BREAKFAST
09:05-09:20	CDR (Operator) FE-2	Nutrition: blood sample collection for analysis
09:20-09:50	CDR	BREAKFAST
09:20-09:30	FE-2	Post-sleep
09:30-09:40	FE-2	Nutrition: setting up and loading refrigerator centrifuge
09:40-09:50	FE-2	Nutrition: refrigerator centrifuge config
09:50-10:05		Daily Planning Conference ( <i>S-band</i> )
10:05-10:30	CDR	BREAKFAST
10:05-10:25	FE-2	Nutrition: blood sample insertion in MELFI
10:05-10:15	FE-1	Post-sleep
10:15-10:45	FE-1	Prep for Work
10:25-10:45	FE-2	Post-sleep
10:30-10:45	CDR	Prep for Work
10:45-13:20	FE-1	Installation of noise reduction devices on BB2PO fan
10:45-11:05	FE-2	BREAKFAST
10:45-11:00	CDR	TRAC - hardware setup
11:00-11:35	CDR	TRAC - data
11:05-11:25	FE-2	Nutrition: urine collection
11:25-11:35	FE-2	Nutrition: urine sample insertion in MELFI
11:35-12:15	FE-2	BREAKFAST
11:40-13:10	CDR	Physical Exercise (CEVIS)
12:15-12:45	FE-2	Prep for Work
12:45-13:20	FE-2	TRAC - data
13:10-15:10	CDR	Potable Water Collection for In-Flight Chemical and Microbial Analysis (water sample collection from EDV-ZV and KPV using US samplers)
13:20-13:55	FE-1	TRAC - data
13:25-13:45	FE-2	Nutrition: urine collection
13:45-13:55	FE-2	Nutrition: urine sample insertion in MELFI
13:55-14:35	FE-1	MATRYOSHKA-R. BUBBLE-dosimeter: detector retrieval and measurements
13:55-14:55	FE-2	Physical Exercise (RED)
14:40-15:40	FE-1	Physical Exercise (VELO+RED) day 1
14:55-15:10	FE-2	TRAC - equipment stow

15:10-15:40	FE-2	COX Maintenance
15:10-15:35	CDR	Scheduled maintenance of Compound Specific Analyzer- Combustion Products (CSA-CP)
15:40-16:40		LUNCH
16:40-16:45	CDR	Compound Specific Analyzer- Combustion Products (CSA-CP) spot check
16:40-17:05	FE-2	IWIS installation
16:40-19:05	FE-1	Installation of noise reduction devices on BB2PO fan
16:45-17:35	CDR	WMK - in-flight water processing
17:05-17:20	FE-2	Private Medical Conference ( <i>S + Ku-band</i> )
17:25-17:30	FE-2	HAM radio setup
17:30-17:40	FE-2	HAM radio session
17:35-18:25	CDR	Microbiology Water Analysis Kit (MWAK) In-Flight Coliform Detection
17:40-17:45	FE-2	GRAVI - Terminate the experiment
17:45-18:25	FE-2	GRAVI - Photography of upper and lower walls of cultivation chamber on Rotor A
18:25-18:45	CDR	IMS update
18:25-19:05	FE-2	GRAVI - Photography of upper and lower walls of cultivation chamber on Rotor B
18:45-19:00	CDR	Private Medical Conference ( <i>S + Ku-band</i> )
19:00-20:00	CDR	Prep for VOA hardware maintenance
19:05-19:20	FE-2	EMCS - video tape changeout
19:05-19:20	FE-1	Private Medical Conference ( <i>S + Ku-band</i> )
19:20-20:50	FE-1	Physical Exercise (TVIS), day 1
19:25-20:55	FE-2	Physical Exercise (CEVIS)
20:00-21:00	CDR	Physical Exercise (RED)
20:50-21:05	FE-1	Report prep
20:55-21:05	FE-2	Report prep
21:00-21:05	CDR	Transfer TVIS/RED/CEVIS/HRM data to MEC
21:05-21:20		Daily Planning Conference ( <i>S-band</i> )
21:20-21:40	FE-1	Report prep
21:20-22:00	CDR	Report prep
21:20-21:40	FE-2	Nutrition: urine collection
21:40-22:00	FE-1	Pre-sleep
21:40-21:50	FE-2	Nutrition: urine sample insertion in MELFI
21:50-22:00	FE-2	Report prep
22:00-22:30		DINNER
22:30-23:00		Daily Food Prep
23:00-23:10	FE-1	Pre-sleep
23:00-00:00	CDR,FE-2	Pre-sleep
23:10-23:40	FE-1	Undocking observation
23:40-00:00	FE-1	Pre-sleep
00:00-08:30	.	SLEEP

**Note:** See OSTP for references to US activities.

End of Radiogram