Progress M-46 Undocking from SM Aft Port

GMT	CREW	ACTIVITY
07:00-07:10		Morning inspection
07:10-07:40		Post-sleep
07:40-08:30	7.	BREAKFAST
08:30-09:00		Prep for work
09:00-09:15		Daily planning conference (S-band)
09:15-10:15	CDR, FE-1	Review of EVA C&W system
09:15-09:55	FE-2	СОЖ maintenance
10:15-10:20	CDR	Inspection of air conditioner [CKB] fan
10:15-11:15	FE-1	Physical exercise (TVIS)
10:20-10:25	CDR	Inspection of БРΠК-1 separator
10:25-12:25		Water condensate recycling system (СРВК): test of БРПК-1 separator. Tagup with ground specialists (VHF)
10:35-11:15	FE-2	IMS file prep
11:15-12:45	FE-1	Physical exercise RED
11.13-12.43	FE-2	Physical exercise (TVIS+ Active Rest)-4
12:25-13:25	CDR	Physical exercise (TVIS day 4)
12:45-13:00	FE-1	Private medical conference (S-band)
12.40-10.00	FE-2	Laptop 3 prep for RELAXATION experiment
13:00-13:30	1 6-2	RELAXATION. Installation of equipment.
13:00-13:10	FE-1	Payload status check
13:10-13:25		ADVASC – fluid removal
13:25-14:25	CDR, FE-1	LUNCH
13:40-13:55	FE-2	RELAXATION. Observations of the Earth's limb. Tagup with ground specialists (VHF)
14:00-15:00		LUNCH
14:25-14:40	CDR, FE-1	Pre-EVA EMU reconfig
14:50-16:35	CDIX, I L-I	EMU Checkout
15:00-15:30	FE-2	CKB-2 condensate removal check
15:30-15:45		Private medical conference (S-band)
15:45-16:45		CKB-2 condensate removal check
16:35-17:20	CDR, FE-1	Pre-EVA EMU reconfig
16:40-17:10	FE-2	RELAXATION: observations of the Progress thruster firings in UV range
17:10-17:25		RELAXATION: payload teardown. Tagup with ground specialists (VHF)
17:20-17:30	FE-1	Setup for TV PAO event
17:25-17:40	FE-2	RELAXATION: post-experiment Laptop 3 reconfig
17:30-17:40	CDR, FE-1	Prep for PAO event
17:40-18:00		Educational PAO event (Ku+S-band)
18:00-19:00	FE-2	Physical exercise (VELO + Load Trainer-1 / day 4)
18:00-19:30	CDR	Physical exercise (TVIS + Active Rest / day 4)
18:05-18:25	FE-1	EMU battery charge (term)

18:25-18:55		Pore Formation and Mobility Investigation (PFMI): specimen removal (PFMI payload & MSG video deactivation)
18:55-19:05		Transfer of PCMCIA data to MLC card for archiving
19:05-19:15		Pore Formation and Mobility Investigation (PFMI): videotape removal
19:15-19:20		Microgravity Science Glovebox (MSG): powerdown
19:15-19:45	FE-2	Daily plan review
19:20-19:45	FE-1	
19:30-19:45	CDR	Private medical conference (S-band)
19:45-20:00		Daily planning conference (S-band)
20:00-20:30		Prep for work
20:30-21:00		DINNER
21:00-21:30	•	Daily food prep
21:30-22:30		Pre-sleep
22:30-07:00		SLEEP

Note: See OSTP for references to US activities.

End of radiogram