Progress-256 undocking from SM Propulsion Module, assessment of SM and FGB Solar Array performance

GMT	Crew	Activity
07:00-07:10	.	Morning inspection
07:10-07:40		Post-sleep
07:40-08:10	CDR, FE-2	Blood test (FE-2 assist)
08:10-08:30	FE-1, FE-2	Blood test (FE-2 assist)
08:30-08:50		Blood test (FE-1 assist)
08:20-08:50	CDR	? ? ? maintenance
08:50-09:40	.	Breakfast
09:40-09:50	CDR	Work prep
09:40-10:00	FE-1, FE-2	
09:50-10:00	CDR	DVCAM downlink SM (Propulsion Module) – Progress interface video (backup opportunity) *(Ku-band)*
10:00-10:15	.	DPC *(S-band)*
10:15-10:25		Work prep
10:25-10:55	CDR, FE-2	Periodic health evaluation (FE-2 assist)
	FE-1	Defibrillator check
10:55-12:25	CDR	PE Active Rest
10:55-11:25	FE-1, FE-2	Periodic health evaluation (FE-2 assist)
11:25-11:55		Periodic health evaluation (FE-1 assist)
11:55-12:10	FE-1	Periodic health evaluation. Final operations
11:55-12:25	FE-2	Periodic health evaluation. Transferring data and stowing equipment.
12:10-13:40	FE-1	PE RED
12:25-13:25	CDR	PE Active Rest
12:25-12:35	FE-2	PCG-STES- unit 007. Activation
12:40-13:40		PE CEVIS
13:25-13:40	CDR	PMC (S-band)
13:40-14:40	.	Lunch
14:40-14:50	CDR	PAO equipment prep
14:40-14:45	FE-1	Check of GUI in 8? configuration
14:45-15:00		Payload status check
14:45-15:00	FE-2	PMC (S-band)
15:05-15:15	.	PAO prep
15:15-15:25		TV pass. PAO *(Ku+S-band)*
15:30-16:15	FE-1	BSTC-BCSS. Media replacement
15:35-16:15	CDR, FE-2	TVIS disassembly
16:15-17:15	CDR	Structure treatment
	FE-1	PE CEVIS
16:15-17:45	FE-2	PE RED
17:15-17:35	CDR, FE-1	TVIS assembly

Time	Crew	Activity
17:45-18:05	CDR	
17:45-18:00	FE-1	
17:45-18:15	FE-2	Delta file prep
18:00-18:15	FE-1	PMC (S-band)
18:05-18:10	CDR	Inspection of ? ? ? ?-1 separator
18:15-18:30	.	DPC *(S-band)*
18:30-19:00		Daily plan review
19:00-19:30	FE-1, FE-2	Work prep
19:10-19:25	CDR	Regeneration of ? ? ? absorbent bed #1 (init)
19:30-20:00		Dinner
20:00-20:30	.	Food prep
20:30-21:30		Pre-sleep
21:30-06:00		Sleep

Note: See OSTP for references to US activities.

End of radiogram