PROGRESS 362 UNDOCKING FROM DC1

GMT	CREW	ACTIVITY
06:00-06:05	FE-2	FE-2 Log Entry, Sleep-Wake Actigraphy
06:00-06:10	CDR, FE-1	Morning Inspection
06:05-06:10	FE-2	Morning Inspection
06:10-06:40		Post-sleep
06:40-07:30	-	BREAKFAST
07:30-07:45	FE-1	Prep for Work
07:30-08:00	CDR, FE-2	Prep for Work
07:45-08:00	FE-1	БМП Ф1 Absorption Cartridge Regeneration (start)
08:00-08:15		Daily Planning Conference (S-band)
08:15-08:30	FE-1	Prep for Work
08:15-08:20	FE-2	HAM Radio Powerdown in SM
00.13-00.20	CDR	Lab Window Shutter Close
08:20-08:25	FE-2	MPC Activation for HDTV Playback
08:20-09:50	CDR	Physical Exercise (RED)
08:35-09:05		Chibis Test (To=08:53). Tagup (VHF)
09:05-09:35	FE-1	UROLUX Hardware Set Up And Test. Tagup (Sband)
09:35-10:15		СОЖ Maintenance
10:15-11:15	CDR	Physical Exercise (CEVIS)
10:20-10:40	FE-1	Photography of Progress 362 Docking Mechanism after ISS Separation
11:00-11:05	- I	On MCC-M Go: Move CO-TK PEV to CLOSED position (S-band)
11:05-12:05	FE-2	Physical Exercise (TVIS)
11:15-11:55	FE-1, CDR(assists)	CARDIO-LBNP. Experiment preparation during comm session
11:55-12:15		CARDIO-LBNP. Taking measurements during comm session (To=11:55). Tagup <i>(VHF)</i>
12:15-12:45	CDR, FE-1	CARDIO-LBNP. Close-out ops. Tagup (Sband)
12:30-12:35	FE-2	PAO hardware setup
12:35-12:45	L-Z	Crew prep for PAO
12:45-13:05	CDR	On-Orbit Hearing Assessment with EarQ Software
12.45-15.05	FE-2	PAO Event (Ku + S-band)
13:05-14:05		LUNCH
14:05-14:10	CDR	Water Sampling Prep (EHS)
14:05-14:25	FE-1	On-Orbit Hearing Assessment with EarQ Software
14:05-14:35	FE-2	Portable Breathing Apparatus (PBA) and Portable Fire Extinguisher (PFE) inspection
14:10-15:30	CDR	Water Sampling (EHS)
14:25-15:55	FE-1	HBM-2 R&R. <i>Tagup (S-band)</i>
14:35-15:00	-FE-2	On-Orbit Hearing Assessment with EarQ Software
15:00-16:30		Physical Exercise (RED)
15:30-17:00	CDR	US SLM: setup and measurements
15:55-17:25	FE-1	Physical Exercise (TVIS), day 3
16:30-16:35	FE-2	BCAT-3 – Flash Battery Replacement

16:35-17:50		BCAT-3. Mixing and photos of samples 1-6
17:00-17:15		SLM data transfer to MEC
17:15-17:25	CDR	BCAT - video documentation
17:25-18:05		WMK - in-flight water processing
17:25-18:25	FE-1	Physical Exercise (VELO+RED), day 3
17:50-18:00	FF 2	Repository - Hardware Setup
18:00-18:20	FE-2	Repository - Urine Sample Hardware Setup
18:05-18:15		Environmental Health System (EHS) - Water Sampling
18:15-18:20	CDR	Transferring TVIS, RED, and HRM data to MEC
18:20-19:10	FE-2	Evening work prep
18:20-19:15	CDR	Evening work prep
18:25-19:05	FE-1	Evening work prep
19:05-19:15	- FE-1	PAO Hardware Setup for TV Downlink via USOS
19:10-19:15	FE-2	MPC Deactivation
19:15-19:30		Daily Planning Conference (S-band)
19:30-19:40	FE-1	Greeting on the 40th Anniversary of the First Cosmonaut Class from the Zhukovsky Air Force Academy (Ku+S-band)
19:30-20:00	CDR, FE-2	DINNER
19:40-20:05	FE-1	DINNER
20:00-20:30	CDR, FE-2	Daily food prep
20:05-20:20	FE-1	БМП Ф1 Absorption Cartridge Regeneration (termination)
20:20-20:30	- I - I	Daily food prep
20:30-21:30	CDR, FE-2	Pre-sleep
20:45-21:30	FE-1	Pre-sleep
21:30-06:00		SLEEP
Task List	FE-1	PLANTS-2. Payload Status Check and Photography
I USK LIST	- .	IMS update

Notes: 1. See OSTP for references to US activities.
2. SM Window #9 shutter opening is at crew discretion, with Report to MCC End of Radiogram