

Undocking Progress 421 from SM Aft port

Time	Crew	ACTIVITY
06:00-06:05	CDR,FE-6	REMINDER- reading reminder
06:00-06:10	FE-4	Morning inspection SM C&W Panel Test
06:00-06:05	FE-5	Reading reminder regarding foto/video capture of ARED exercise
06:00-06:10	FE-1	Morning inspection. Reboot of RSS1, 2 Inspecting connector CM-Y on MHP-HC behind panel 139 (ACY)
06:00-06:10	FE-2	Morning inspection Reboot of RS1(2) Laptop
06:05-06:10	CDR	Reading reminder regarding foto/video capture of ARED exercise
06:05-06:10	FE-6	REMINDER – reading reminder
06:05-06:15	FE-5	Morning inspection
06:10-06:40	FE-1,FE-2, FE-4	Post sleep
06:10-06:20	CDR	Morning inspection
06:10-06:15	FE-6	REMINDER- reading reminder
06:15-06:30	FE-6	HRF- sample collection and insertion
06:15-06:45	FE-5	Post sleep
06:20-06:40	CDR	Post sleep
06:30-06:35	FE-6	HRF- Sample insertion in MELFI
06:35-06:55	FE-6	HRF. Urine sampling
06:40-07:30	FE-1,FE-2, FE-4	Breakfast
06:40-07:10	CDR	Breakfast
06:45-07:30	FE-5	Breakfast
06:55-07:00	FE-6	HRF- Sample insertion in MELFI
07:00-07:30	FE-6	HRF- centrifuge activation and config
07:10-07:25	CDR	HRF- blood sampling assist
07:25-07:30	CDR	Post sleep
07:30-07:55	.	DPC (<i>S-band</i>)
07:55-08:15	CDR, FE-1, FE-2,FE-4, FE-5	Work prep
07:55-08:05	FE-6	HRF- freezer-centrifuge config
08:05-08:10	FE-6	Reading reminder
08:10-08:20	FE-6	Morning inspection
08:15-08:40	FE-2	Air sampling in SM and FGB using AK-1M sampler
08:15-08:45	FE-1	Updating anti-virus db on BKC laptops
08:15-08:25	CDR	ISS HAM- hw turn off
08:15-09:00	FE-5	Search for US EVA tools
08:20-08:35	FE-6	Post sleep
08:25-08:55	FE-4	Monitoring technical status of КОБ1 и КОБ2 loops -preparation. <i>Tagup with specialists (if needed, S-band)</i>

08:35-08:40	FE-6	HRF- removing blood samples and turning off centrifuge
08:40-08:45	FE-6	HRF- sample insertion in MELFI
08:40-09:10	CDR	SSC laptop transfer
08:40-08:50	FE-2	Air sampling at CO in SM using ИПД indicator samplers
08:45-09:45	FE-6	Breakfast
08:55-09:25	FE-1, FE-2(assist)	Arm muscle status assessment. <i>Tagup with specialists (S-band)</i>
08:55-09:55	FE-4	Crew time for adaptation and familiarization
09:00-09:45	FE-5	Search for US EVA tools
09:10-09:20	CDR	Prepare hw for robo KTP
09:20-09:25	CDR	RST- removing kit from MELFI
09:25-09:45	CDR	RST- removing samples from MELFI
09:25-09:55	FE-2, FE-1(assist)	Arm muscle status assessment. <i>Tagup with specialists (S-band)</i>
09:45-09:55	FE-5	Crew time for adaptation and familiarization
09:45-10:00	FE-6	HRF- final steps with hw and stowage
09:45-10:00	CDR	SPRINT- hw install
09:55-10:55	FE-4	EXERCISE VELO, Day 1
09:55-10:55	FE-1,FE-2	EVA tasks review. <i>Tagup with specialists (S-band)</i>
09:55-10:00	FE-5	Video equipment install to capture ARED exercise
10:00-10:20	FE-6	HRF. Urine sampling.
10:00-11:30	FE-5	EXERCISE ARED
10:00-11:00	CDR	EXERCISE CEVIS
10:20-10:25	FE-6	HRF- Sample insertion in MELFI
10:30-10:55	FE-6	SALMARK – health questionnaire
10:55-12:25	FE-2	EXERCISE БД-2, Day 1
10:55-11:35	FE-1	COЖ maintenance
10:55-11:00	FE-4	Comm config to communicate from MRM1
10:55-11:05	FE-6	HRF- stowing hw
11:00-11:30	FE-4	Bracket removal in MRM1 – hw gather. <i>Tagup with specialists (S-band)</i>
11:20-11:25	FE-6	Hardware installation to capture video of PFE
11:25-12:55	FE-6	Periodic fitness check – nominal activity (subject)
11:30-13:45	FE-4	Bracket removal in MRM1. <i>Tagup with specialists (S-band)</i>
11:30-11:45	FE-5	Crew time for adaptation and familiarization
11:30-11:35	CDR	Checking video camera settings for photo/video
11:35-13:00	CDR	EXERCISE ARED
11:35-11:45	FE-1	Windows shutters closing (windows ## 6,8,9,12,13,14)
11:45-12:00	FE-1,FE-5	Transferring EVA 38 tools from USOS to RS
12:00-13:00	FE-1	EXERCISE БД-2, Day 4
12:00-12:30	FE-5	Periodic fitness check – nominal activity (assist)
12:25-13:15	FE-2	Taking Pille dosimeter readings
12:35-12:50	FE-5	Crew time for adaptation and familiarization

12:50-13:00	FE-5	USOS windows shutter close
12:55-13:00	FE-6	Stowing equipment to capture video of PFE
13:00-14:00	CDR,FE-5, FE-6	Lunch
13:10-13:50	FE-1	Post-undocking - taking photos of docking assembly of Progress 421 from SM window 26
13:15-13:30	FE-2	OTKLIK. HW check. <i>Tagup with specialists</i>
13:30-13:35	FE-2	On MCC Go Switching КВД in ПрК-ТК to CLOSED position
13:45-14:45	FE-2,FE-4	Lunch
13:50-14:45	FE-1	Lunch
14:00-15:55	CDR,FE-5, FE-6	Handover to ISS 40
14:45-16:45	FE-1,FE-2	Prepare hw and tools to be used outside during EVA. Gather kits, photograph, downlink photos. <i>Tagup with specialists (S-band)</i>
14:45-16:40	FE-4	Removing brackets in MRM1. <i>Tagup with specialists (if needed, S-band)</i>
16:00-17:30	FE-6	EXERCISE AREД
16:00-16:15	FE-5	CIR- open rack doors
16:15-16:45	FE-5	CIR- hw removal
16:40-17:00	FE-4	Removing brackets in MRM1. <i>Tagup with specialists (if needed, S-band)</i>
16:45-17:05	FE-1	IMS update
16:45-17:25	FE-2	IDENTIFIKATSIA. Copy ИМУ-Ц readings to laptop
16:45-16:55	FE-5	CIR- closing rack doors
16:55-17:15	FE-5	Crew time for adaptation and familiarization
17:00-17:05	FE-4	Nominal comm config restore
17:00-17:05	CDR	ISERV- window shutter open
17:05-18:20	FE-4	EXERCISE БД-2, Day 1
17:05-17:25	FE-1	Evening work prep
17:05-17:15	CDR	PAO – equipment setup
17:15-17:25	CDR,FE-5	PAO – crew prep
17:25-17:40	FE-2	ИП-1 sensors installation check
17:25-17:30	FE-1	Checking setting of video camera for photo/video
17:25-17:45	CDR,FE-5	PAO
17:30-19:00	FE-1	EXERCISE AREД
17:50-18:30	FE-6	Crew time for adaptation and familiarization
17:40-18:05	FE-2	Evening work prep
17:45-17:50	CDR,FE-5, FE-6	SPRINT- hw install
17:50-18:50	FE-5	EXERCISE CEVIS
17:55-18:15	CDR	HRF – hw kit for urine sampling
18:05-19:05	FE-2	EXERCISE VELO, Day 1
18:15-18:25	CDR	BSA – batery cycling - finish
18:20-18:35	FE-4	Exercise data downlink
18:25-18:55	CDR	Evening work prep

18:30-19:05	FE-6	Evening work prep
18:35-19:05	FE-4	Evening work prep
18:50-19:05	FE-5	Evening work prep
18:55-19:05	CDR	ISS HAM- hw activation
19:05-19:30	.	DPC (<i>S-band</i>)
19:30-21:30	CDR, FE-1 , FE-2,FE-4	Pre-sleep
19:30-21:25	FE-5	Pre-sleep
19:30-21:20	FE-6	Pre-sleep
21:20-21:25	FE-6	REMINDER - reading reminder
21:25-21:30	FE-5,FE-6	REMINDER- reading reminder
21:30-06:00	.	Sleep
Task List	FE-1,FE-2, FE-4	Report Preparation for Roscosmos Website
		EKON-M. Observation and Photography

Notes

1. Window 9 cover to open at crew discretion with **Report to MCC**
2. Pre-sleep: dinner, daily food preparation, evening ablutions
3. See OSTPV for missing references to US operation
4. Use of US exercise equipment by Russian crew members in strict compliance with F24 or OSTPV
5. **No VELO during: 16:00 - 18:00 (GMT)**
No T2 during: 22:00 - 22:40 (GMT)

End of r/g