Progress 363 Unloading

GMT	CREW	ACTIVITY
06:00-06:10		Morning Inspection
06:10-06:35	CDR	
06:10-06:30	FE-2	Post-sleep
06:10-06:40	FE-1	
06:30-06:50	FE-2	NUTR/REP - blood draw
06:35-06:50	CDR	Nutrition: blood sample collection for analysis, CDR is operator
06:40-07:30	FE-1	BREAKFAST
06:50-07:00	FE-2	Nutrition: setting up and loading refrigerated centrifuge
06:50-07:45	CDR	BREAKFAST
07:00-07:10	FE-2	Nutrition: refrigerator centrifuge config
07:10-07:40		BREAKFAST
07:30-07:55	FE-1	Prep for Work
07:40-08:00	FE-2	Nutrition: blood sample insertion in MELFI
07:45-08:00	CDR	Prep for Work
08:00-08:15		Daily Planning Conference (S-band)
08:15-09:35	FE-1	Progress 363 unloading and IMS updates
08:15-09:00	CDR	EMCS water pump line installation
08:15-08:45		BREAKFAST
08:45-08:55	FE-2	NUTRITION. Equipment stowage
08:55-09:10		Biolab - installation of the first set of experiment containers
09:00-10:00	CDR	Physical Exercise (CEVIS)
09:10-09:15	FE-2	Biolab - Glovebox sterilization
09:15-09:20		Biolab - video tape removal
09:20-09:50		Crew time for ISS adaptation and orientation
09:35-09:50	FE-1	Verify ИП-1 Flow Meter Positions
09:50-11:10	L-1	Medical Kits Audit
10:00-11:30	CDR	Physical Exercise (RED)
10:10-11:25	FE-2	Physical Exercise (VELO)
11:10-12:40	FE-1	Physical Exercise (TVIS), day 2
11:25-12:40	FE-2	Physical Exercise (RED)
11:30-12:15	CDR	Surface Sample Kit (SSK) Collection/Incubation
12:15-12:45	ODIX	Microbial Air Sampler (MAS) Kit Sample Collection
12:40-12:45	FE-2	Elite-S2 – IMU Power Activation
12:45-13:45		LUNCH
13:45-14:15	FE-2	Crew time for ISS adaptation and orientation
13:45-15:15	CDR	Cleaning ГЖТ4 [Gas-Liquid Heat Exchanger] BT-7 fan screen
13:45-14:00	FE-1	Activation of Soyuz 221 Gas Analyzer
14:00-14:30		FGB ЦВ1 Fan Screen Cleaning
14:30-15:00		Crew Medical Officer (CMO) Proficiency Training
14:35-14:40	FE-2	HAM radio setup

14:40-14:50		HAM radio session
14:55-15:00		Elite-S2 – IMU power deactivation
15:10-15:30	FE-1	Audit of ИПД samplers
15:15-15:35	FE-2	Nutrition - setting up hardware for urine collection
15:15-15:25	CDD	MSG: activation
15:25-15:45	CDR	Grab Sample Container (GSC) ops
15:30-15:45	FE-1	ИПД air sampling for CO in SM
15:40-15:45	FF 2	Biolab - Glovebox sterilization
15:45-17:45	FE-2	Biolab - preparation of the first set of experiment containers
15:45-16:10	FE-1	SM and FGB air sampling using AK-1M sampler
15:45-16:15	CDR	Crew Medical Officer (CMO) Proficiency Training
16:10-16:30	FE-1	IMS Update
16:15-16:55	CDR	InSPACE2 - run
16:30-17:30	FE-1	Physical Exercise (VELO+RED), day 2
17:00-17:20	CDR	EMCS. Cable removal
17:20-17:35	ODK	EXPRESS3 - stowage
17:30-18:10	FE-1	СОЖ Maintenance
17:35-17:45	CDR	InSPACE2 tape changeout
17:45-18:05	ODIC	InSPACE2 - vial replacement
17:45-17:55	FE-2	Biolab - installation of the second set of experiment containers
17:55-18:05	CDR	Biolab - Glovebox sterilization
18:05-18:10		MSG - power down
18:10-18:15		Transfer TVIS/RED/HRM data to MEC
18:15-18:30		Science Data Logging – O2 - OBT
18:15-18:45	FE-1,FE-2	Evening work prep
18:30-18:45	CDR	
18:45-19:00		Daily Planning Conference (S-band)
19:00-19:30		Evening work prep
19:30-20:00		DINNER
20:00-20:30		Daily Food Prep
20:30-21:30		Pre-sleep
21:30-06:00		SLEEP
		PLANTS-2. Payload Status Check and Photography
Task List	FE-1	ТБУ (Universal Bioengineering Thermostat). Temperature check
	OCTD for re	PLANTS-2. Recharging water tank

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