

ISS Single-Burn Reboost Using Progress 356 YC-21 (Eight ДПО Thrusters)

GMT	CREW	ACTIVITY
06:00-06:10		Morning Inspection
06:10-06:40		Post-sleep
06:40-07:30		BREAKFAST
07:30-07:40		Work prep
07:40-07:55		Daily Planning Conference (<i>S-band</i>)
07:55-08:15		Work prep
08:15-08:25	CDR	NOA1. Hardware setup and activation. <i>Tagup as necessary (S-band)</i>
	FE-1	MSG: activation
08:30-08:50	CDR	Cleaning 5BH [Fan With Heater] screen in Soyuz
08:35-09:05	FE-1	COЖ maintenance
08:55-09:20	CDR	NOA (ESANO1). Measurement and close out ops. <i>Tagup as necessary (S-band)</i>
09:05-10:35	FE-1	Physical Exercise (TVIS)
09:20-09:30	CDR	PAYLOAD SERVER (БСПН). Synchronization. <i>Tagup as necessary (S-band)</i>
09:30-11:00		ETD. Experiment ops. <i>Tagup (S-band)</i>
10:35-11:35	FE-1	Physical Exercise (RED)
11:00-11:20	CDR	Test activation of Atmosphere Purification System Emergency Vacuum Valves [ABK COA]
11:20-11:50		Photography of a scoff mark left by the Active Docking Mechanism Pin on the Passive Mechanism Receiving Cone
11:35-12:20	FE-1	PFMI/g-LIMIT: setting up specimen
11:50-13:20	CDR	Physical Exercise (TVIS), day 1
12:20-13:20	FE-1	PFMI, steps 1-6
13:20-14:20		LUNCH
14:20-14:30	CDR	Downlink photo imagery of the Docking Cone internal surface (via OCA)
	FE-1	PAO hardware setup
14:30-14:40		Crew prep for PAO
14:40-15:00		EPO event: Space Day в Goddard Space Flight Center (<i>Ku + S-band</i>)
15:00-15:50	CDR	RS ISS ODF audit (DC1 Egress, Orlan Ops [PCK], Cue Cards, CD)
15:00-15:10	FE-1	Post-PAO equipment stowage
15:20-15:30		Crew discretionary conference (<i>S-band</i>)
15:30-15:50		IMS update
15:50-16:20	CDR FE-1 (assists)	Study of cardiac bioelectric activity at rest (To=15:59). <i>Tagup (VHF)</i>
16:20-16:30	FE-1	CWC audit
16:20-17:00	CDR	RS ISS ODF audit (DC1 Egress, Orlan Ops [PCK], Cue Cards, CD) /
16:45-17:25	FE-1	Microbiological analysis T+2.
17:00-17:05	CDR	Laptop2 shutdown. <i>Tagup as necessary (S-band)</i>

17:05-18:05		Physical Exercise (VELO + Load Trainer/Cycle 1), Day 1
17:25-17:50	FE-1	PHS set up without blood test
17:50-17:55		HAM radio setup
17:55-18:05		PFMI: videotape changeout
18:05-18:15		HAM radio session
18:05-18:20	CDR	Taking readings from AOK ΓAHK-4M gas analyzer
18:15-18:20	FE-1	Monitoring O2 and CO2 readings
18:20-18:30		Evening work prep
18:30-18:45		Daily Planning Conference (<i>S-band</i>)
18:45-19:30	CDR	Evening work prep
18:45-19:05	FE-1	
19:05-19:10	FE-1	Transferring TVIS, RED, and HRM data to MEC
19:10-19:30		Daily food prep
19:30-20:00		DINNER
20:00-20:20	FE-1	Pre-sleep
20:00-20:30	CDR	Daily food prep
20:20-20:35	FE-1	US Ground Site VHF Test
20:30-21:30	CDR	Pre-sleep
20:35-21:30	FE-1	
21:30-06:00		SLEEP
Task List	CDR	Search for missing hardware

Note: Note: See OSTP for references to US activities.

End of Radiogram