

Progress-M1 No. 2 Undocking From FGB Nadir

GMT	Crew	Activity / <i>ODF or R/G</i>
10:30–10:40		Morning inspection
10:40–11:10		Post-sleep
11:10–12:10	CDR, FE-1	BREAKFAST
11:10–11:25	PLT	
11:25–11:35	PLT	Monitor Progress undocking / <i>r/g 567</i>
11:35–12:10	PLT	BREAKFAST
12:20–12:30		Daily planning conference (morning)
12:30–15:00		Review 5A flight plan / <i>INA_0918+ INA_0919+OSTPs</i>
15:00–15:10	FE-1	Configure Regul for packet transmission
15:00–16:00	PLT	Active rest
16:00–17:00	FE-1	
16:00–17:00	CDR	Physical exercise (TVIS)
16:45–17:00	PLT	Finish regeneration of the O ₂ absorption cartridge for AI I / <i>NIAN NI item 7.3, pages 7-4, 7-5, steps 3, 5</i>
17:00–18:00		LUNCH
18:00–21:00	CDR, PLT	Unload D I A 3
19:30–20:00	FE-1	Prepare for photo/TV ops
20:00–21:30	FE-1	Active rest
21:00–21:05	PLT	PMA 3 egress / <i>Nominal/Ingress/Egress:2.804 PMA3 Egress and Isolation</i>
21:30–23:00	PLT	Active rest
21:30–23:00	CDR	Physical exercise (IRED)
23:00–23:30		Report prep
23:30–23:40		Daily planning conference (evening)
23:40–00:00		Review plan for the next day
00:00–00:30		DINNER
00:30–01:00		Daily food ration prep
01:00–02:00		Pre-sleep
02:00–10:30		SLEEP

End of radiogram