One-Burn ISS Reboost With 4 Progress Approach & Attitude Control Thrusters (ДПО).

GMT	CREW	ACTIVITY
06:00-06:10		Morning inspection
06:10-06:40		Post-sleep
06:40-07:30		Breakfast
07:30-07:35	FE-1	PLANTS-2. Payload status check
07:30-07:40	CDR, FE-2	Work prep
07:35-07:40	FE-1	PLANTS-2. Data downlink
07:40-07:55		Daily planning conference (S-band)
07:55-08:15		Work prep
08:15-08:30		Conference with participants of the XIII Aerospace Schoolchildren's Festival, Ulyanovsk, Russia
08:30-09:30	CDR, FE-2	DOUG S/W overview
08:30-08:45	FE-1	Regeneration of Φ1 absorption cartridge in БМП (term)
08:45-09:00		Regeneration of Φ2 absorption cartridge in БМП (start)
09:10-10:10		CARDIO -ОДНТ Setup and Session 1 (T₀=09:50:00 GMT)
09:30-10:10	FE-2 (assist)	CARDIO-ОДНТ Setup and Session 1
09:30-09:40	CDD	HRF: rack power up
09:40-11:10	CDR	Physical exercise (RED)
10:10-11:15	FE-1	CARDIO-LBNP Human cardio activity and blood circulation research
10:15-11:15	FE-2	Physical exercise (CEVIS)
11:10-11:50	CDR	СОЖ maintenance
11:15-11:50	FE-2 (assist)	CARDIO-LBNP Setup and session 2. Close-out ops
11:15-12:20	FE-1	CARDIO-LBNP Setup and session 2. Close-out ops (T ₀ =11:26:00 GMT)
11:50-12:10	CDR	EMU battery discharge (init)
11:50-11:55	FE-2	Glove Box (MSG): activation
11:55-12:15		InSPACE: replace box #1 with coil
12:10-12:20	CDR	HRF: power off
12:15-12:20	FE-2	InSPACE: videocassette replacement
12:20-13:20	CDR, FE-2	LUNCH
12:20-13:00	FE-1	
13:00-13:10		URAGAN. Observation and imaging
13:10-13:20		LUNCH
13:20-14:35		Crew call down (S-band)
14:35-15:05	FE-2	InSPACE ops: test 27
14:35-14:45		Prep for TV session
14:50-15:00	CDR	EMU purification cartridge regeneration (term)
15:10-15:50		PCS hard drive build
15:20-15:40	FE-2	IMS file prep
15:40-15:50		InSPACE: experiment monitoring
15:50-16:10		Tagup with Crew Office management (S-band)
16:10-17:00	CDR	PCS hard drive build

FE-2	Physical exercise (RED)
FE-1	Replace dust filters ΠΦ1-4 in SM
CDR	Physical exercise (CEVIS)
FE-1	Physical exercise (VELO+HC-1) - 4
FE-2	InSPACE: videocassette replacement
	CDRA. Deactivation
	Prep for PAO
	PAO event
	Daily plan review
	Daily planning conference (S-band)
CDR, FE-1	Work prep
FE-2	InSPACE: power down
	Glove Box (MSG) – power down
	Work prep
	DINNER
	Daily food prep
	Pre-sleep
	SLEEP
	FE-1 CDR FE-1 FE-2

Note: 1. See OSTP for references to US activities. 2. Task List: MOLNIYA

End of radiogram