

**REPRESSING AND OPENING PROGRESS REFUELING TANKS БГ1,2 AND БО1,2**

GMT	CREW	ACTIVITY
06:00-06:10		Morning inspection
06:10-06:40		Post-sleep
06:40-06:50	FE-1	MO-8. Set-up
06:40-06:50	CDR	Calf volume measurement
06:50-07:00	FE-1	
06:50-07:05	CDR	Body mass measurement
07:05-08:00		BREAKFAST
07:05-07:20	FE-1	Body mass measurement
07:20-07:30		MO-8. Close-out ops
07:30-08:15		BREAKFAST
08:00-08:25	CDR	Work prep
08:15-08:55	FE-1	Renal: CBT
08:25-08:55	CDR	Crew time for adaptation and ISS familiarization
09:00-09:15	.	Daily planning conference ( <i>S-band</i> )
09:15-12:15	FE-1	Changeout of ПАС СТР [TCS Replaceable Unit Panel]: equipment and work site set up, procedure review. Tagup with specialists as necessary ( <i>S-band</i> )
09:15-13:10	CDR	Progress 354 transfers and IMS updates
12:15-13:45	FE-1	Physical Exercise (TVIS), day 3
13:10-13:20	CDR	Mass Constituents Analyzer (MCA) valve open
13:20-13:50		Crew time for adaptation and ISS familiarization
13:45-13:50	FE-1	TVIS Weekly Maintenance
13:50-14:50	.	LUNCH
14:50-15:50	FE-1	Crew time for adaptation and ISS familiarization
14:50-15:30	CDR	Renal Stone: diet log
15:30-15:40		Mass Constituents Analyzer (MCA) valve close
15:40-15:50		Compound Specific Analyzer- Combustion Products (CSA-CP) spot check
15:50-16:10	FE-1	VOZDUKH Gas Analyzer filter changeout. <i>Take new filter # 031 b/c 00037338R CM1PO_4_449_1 container 2/214. Discard the old filter</i>
15:50-16:00	CDR	O2 level check
16:00-17:00		Physical Exercise (TVIS)
16:10-16:30	FE-1	COX maintenance
16:30-16:50		BCK-4 [Periscope] Fan Blower Installation in Soyuz 217. Fan Part No. and stowage location to be advised by the ground
17:00-18:30	CDR	Physical Exercise (RED)
17:05-18:05	FE-1	Physical exercise (VELO+Load Trainer/Cycle 1), day 3
18:05-18:10		HEMATOCRIT. Setup
18:10-18:40		Daily plan review
18:30-18:45	CDR	Daily plan review
18:40-18:45	FE-1	Transfer TVIS, RED, and HRM data to MEC
18:45-19:00		Daily planning conference ( <i>S-band</i> )

19:00-19:30		Report prep
19:30-20:00		DINNER
20:00-20:30		Daily food prep
20:30-21:30		Pre-sleep
21:30-06:00		SLEEP
<b>TaskList</b>	FE-1	<b>On MCC GO:</b> ISS repress with O2 from Progress 354 CpПK
		IMS file prep

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

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