

**PROGRESS 357 DOCKING TO DC1**

GMT	CREW	ACTIVITY
08:00-08:10		Morning inspection
08:10-08:40		Post-sleep
08:40-09:30		BREAKFAST
09:30-09:50		Work prep
09:50-10:05		Daily Planning Conference ( <i>S-band</i> )
10:05-10:15	CDR	Work prep
10:05-10:10	FE-1	Terminate EMU battery 85 charge/discharge
10:10-10:40		Start BSA battery charge
10:15-10:30	CDR	Cryogem-03M. Set up config and hardware activation in the thermostatic mode set at + 20 degrees
10:40-11:10	.	Photo skills training for the Shuttle R-Bar Pitch Maneuver
11:10-11:40	CDR	COX maintenance
11:10-11:15	FE-1	Downlink images obtained during RPM OBT
11:15-12:45		Physical Exercise (CEVIS)
11:40-13:10	CDR	Physical Exercise (TVIS), day 4
12:45-13:45	FE-1	Physical Exercise (RED)
13:10-13:15	CDR	TVIS Weekly Maintenance
13:15-14:15		Physical Exercise (VELO + Load Trainer/Cycle 1), day 4
13:45-13:55	FE-1	FMK deployment ops
13:55-14:10		Activation of A31P Laptop
14:10-14:15		Deactivating radio equipment in FGB
14:30-15:00		Prep for Progress 357 docking
15:00-16:30		Progress 357docking to DC1
16:30-17:30		LUNCH
17:30-17:40	FE-1	Disabling Ku-band TV downlink after Progress 357 docking
	CDR	Reconfiguring comm after Progress 357 docking
18:25-19:40		Progress M-57 – DC1 interface leak check
19:40-20:00		Open DC1-CY and Progress-CY transfer hatches
20:00-20:20		Installing quick disconnect screw clamps
20:20-20:50	FE-1	Removal of equipment for Ku-band TV downlink (after Progress docking)
20:20-20:35	CDR	Progress 357 air sampling using AK-1M sampler
20:35-21:20		Progress 357 deactivation, air duct installation
20:50-21:10	FE-1	IMS update
21:10-21:15		Transferring TVIS, RED, and HRM data to MEC
21:20-21:40		Daily Food Prep
21:40-21:55		Daily Planning Conference ( <i>S-band</i> )
21:55-22:30		DINNER
22:30-23:30		Pre-sleep
23:30-08:00		SLEEP

**Note:** See OSTP for references to US activities.  
End of Radiogram