

**Progress 419 Undock from SM Aft**

TIME	CREW	ACTIVITY
06:00-06:05	CDR	PLAZMA CRYSTAL. Pressure Monitoring
06:00-06:10	FE-2	Morning Inspection, RSS1, RSS2 reboot
06:00-06:10	FE-3,FE-5,FE-6	Morning Inspection
06:00-06:15	FE-4	CHROMATOMASS. Experiment prep
06:05-06:15	CDR	Morning Inspection.SM C&W Panel Test RS2(1) Laptop reboot
06:10-06:35	FE-2	Post-sleep
06:10-06:40	FE-3,FE-5,FE-6	Post-sleep
06:15-06:40	CDR	Post-sleep
06:15-06:45	FE-4	CHROMATOMASS. Saliva and blood sample collection
06:35-07:20	FE-2	Breakfast
06:40-07:30	CDR,FE-3, FE-5,FE-6	Breakfast
06:45-07:00	FE-4	Post-sleep
07:00-07:30	FE-4	Breakfast
07:20-07:30	FE-2	Verification of virus scan outcomes on networked auxiliary computer system (ACS) laptops. <b>Report to MCC</b>
07:30-07:55	.	Daily planning conference ( <i>S-band</i> )
07:55-08:15	CDR,FE-3,FE-4	Work Prep
07:55-08:05	FE-2	Work Prep
08:00-08:25	FE-6	Hardware setup
08:05-09:05	FE-2,FE-5	ATV rendezvous and docking drill 1 using the on-board trainer. <i>Tagup w/specialists. (S-band)</i>
08:15-08:45	CDR	Prep for SM window inspection and photography (procedure and radiogram review, search for hardware) <i>Tagup w/specialists. (S-band)</i>
08:15-09:45	FE-3	Physical Exercise ARED
08:15-08:30	FE-4	CHROMATOMASS. Closeout operations
08:25-08:30	FE-6	Video equipment install for PFE imagery
08:30-10:00	FE-6-subject	Periodic fitness evaluation – nominal ops
08:40-10:10	FE-4	ΠxO and DC1 setup for EVA
08:45-08:50	CDR	Comm config for experiment ops out of MRM2
08:50-09:10	CDR	PLAZMA CRYSTAL. Equipment power-up and experiment start
09:05-09:10	FE-2	<b>Video (Б-Ц)</b> PLAZMA CRYSTAL. TV signal verification using BKV
09:05-09:35	FE-5 -assist	Periodic fitness evaluation – nominal ops
09:10-10:10	CDR	<b>Video (Б-Ц)</b> PLAZMA CRYSTAL. Start, monitoring, and experiment start
09:10-09:20	FE-2	<b>Video-MPEG2 (Ku-band)</b> Start of NASA MPEG2 Viewer app on CP SSC laptop, mpeg2 multicast video stream monitoring
09:20-10:50	FE-2	ΠxO and DC1 setup for EVA
09:35-09:45	FE-5	HRF1-SLAMMD-equipment stow
09:45-10:45	FE-3	Physical Exercise T2
10:00-11:10	FE-5-subject	Periodic fitness evaluation – nominal ops
10:00-10:10	FE-6	HAM radio hardware deactivation
10:10-11:10	CDR	Physical Exercise VELO-4
10:10-10:50	FE-4	ACS (auxiliary computer system) familiarization. <i>Tagup w/specialists (S-band)</i>

10:10-10:20	FE-6	CIR- equipment install
10:35-11:05	FE-6 -assist	Periodic fitness evaluation – nominal ops
10:50-11:05	<b>FE-2,FE-3,FE-4</b>	DOUG Review
11:05-12:15	<b>FE-2</b>	Physical Exercise Treadmill-2 in passive mode
11:10-11:30	<b>CDR</b>	PLAZMA CRYSTAL. Experiment termination
11:10-11:30	FE-3	FIR- rack door opening
11:10-12:10	<b>FE-4</b>	Physical Exercise VELO-3
11:10-11:15	FE-5	PFE - vidoe hw stowage
11:15-11:40	FE-6	Audiography using EARQ
11:25-11:55	FE-5	HRF1- equipment install
11:30-11:40	FE-3	LMM- equipment prep and video imagery
11:30-12:00	<b>CDR</b>	PLAZMA CRYSTAL. Data transfer from HDD
11:40-13:30	FE-3,FE-6	ACE-sample prep and mixing
11:55-12:20	FE-5	HRF1- software install and body mass measurement
12:00-12:05	<b>CDR</b>	Comm reconfig to nominal following MRM2 ops
12:10-12:30	<b>FE-4</b>	Crew adaptation and station familiarization time
12:15-12:25	<b>FE-2</b>	SSC1(3) Laptop setup for Progress 419 undock
12:25-12:40	<b>FE-2,FE-5</b>	On-board trainer ATV rendezvous and docking drill debrief w/ specialists ( <i>S-band</i> )
12:35-13:35	<b>CDR</b>	Lunch
12:40-13:40	<b>FE-2,FE-4</b>	Lunch
12:40-12:55	FE-5	Private Medical Conference
13:05-14:05	FE-5	Lunch
13:30-13:40	FE-3	LMM-hardware setup and video imagery
13:30-13:40	FE-6	USOS window shutter closure
13:40-14:25	<b>CDR</b>	Photo imagery of Progress 419 docking mechanism out of SM Window <b>26</b> post-ISS separation
13:40-14:40	FE-3,FE-6	Lunch
13:40-15:40	<b>FE-4</b>	ΠxO and DC1 setup for EVA
13:45-14:35	<b>FE-2</b>	Recording of mpeg2 multicast and mpeg2 unicast video streams during Progress 419 undock
14:25-14:30	<b>CDR</b>	<b>On MCC Go</b> Transition of ΠpK-TK Pressure Equalization valce to CLOSED
14:30-14:45	<b>CDR</b>	Private Medical Conference ( <i>S+Ku-band</i> )
14:35-15:35	<b>FE-2</b>	ΠxO and DC1 setup for EVA
14:35-15:00	FE-5	Audiography using EARQ software
14:40-14:55	FE-3	FIR- rack door closure and video imagery
14:40-14:50	FE-6	TOCA - calibration
14:45-17:25	<b>CDR</b>	SM Window Nos. 3, 5, 6, 7 inspection and photography
14:55-15:05	FE-3	HRF1- software install and body mass measurement
15:00-15:15	FE-6	Private Medical Conference
15:05-15:45	FE-3	SPHERES- hw assembly
15:25-15:50	FE-6	HRF1- software install and body mass measurement
15:25-16:55	FE-5	Physical Exercise ARED
15:35-16:15	<b>FE-2</b>	COЖ Maintenance
15:40-17:10	<b>FE-4</b>	Physical Exercise БД-2 -3
15:50-16:10	FE-6	HRF1 - closeout steps and stowing hw
16:00-16:15	FE-3	Private Medical Conference

16:15-16:35	<b>FE-2</b>	Private conference with physical exercise specialist ( <i>S+Ku-band</i> )
16:25-16:35	FE-3	MSG- visual inspection of hardware
16:40-17:20	<b>FE-2</b>	IDENTIFIKATSIYA. Transfer of ИМУ-Л measurements to laptop
16:55-17:10	FE-3	REC1 - photographing connections
16:55-17:40	FE-5	Draining WTA waste water tank into CWC
17:05-17:15	FE-6	HAM radio hardware activation
17:10-18:40	FE-3	BASS- hardware disassembly and stow
17:10-17:30	<b>FE-4</b>	IMS Update
17:15-18:45	FE-6	Physical Exercise ARED
17:20-17:35	<b>FE-2</b>	Private Medical Conference ( <i>S+Ku-band</i> )
17:25-18:25	<b>CDR</b>	Physical Exercise БД-2 -4
17:30-18:10	<b>FE-4</b>	Crew adaptation and station familiarization time
17:35-18:55	<b>FE-2</b>	Physical Exercise VELO-3
18:05-18:20	FE-5	Draining WTA waste water tank into CWC - end
18:10-18:25	<b>FE-4</b>	Private Medical Conference ( <i>S+Ku-band</i> )
18:20-18:30	FE-5	HRF1-SLAMMD-hardware power-down, tear-down
18:30-18:45	<b>FE-4,FE-5</b>	RS to US handover of failed ATV4 videometer target #4 ( <i>009730R,CO1_hatch CO1-TKГ, bag 288 (00059888R), semi-hard container КЭ"Кромка-1" (00055086R) CO1, bag-container (00055085R)) update IMS</i>
18:40-18:45	FE-3	ISERV – Lab window shutter opening
18:45-18:55	FE-3	MSG- equipment power-down
18:45-18:55	<b>FE-4,FE-5</b>	Evening Work Prep
18:45-18:50	FE-6	TOCA- recording of calibration data
18:55-19:10	.	Daily planning conference ( <i>S-band</i> )
19:10-19:30	.	Crew/astronaut office conference ( <i>S-band</i> )
19:30-21:25	<b>CDR,FE-3,FE-5,FE-6</b>	Pre-sleep
19:30-21:30	<b>FE-2,FE-4</b>	Pre-sleep
21:25-21:30	<b>CDR</b>	PLAZMA CRYSTAL. Pressure monitoring
21:25-21:30	FE-3	REMINDER- PFE reminder review
21:25-21:30	FE-5,FE-6	REMINDER- Saliva reminder review
21:30-06:00	.	Sleep
<b>Task List</b>	<b>CDR,FE-2,FE-4</b>	URAGAN. Observation and photo imagery
		Report prep for Roscosmos site
		EKON-M. Observation and photo imagery

**Notes:**

1. SM Window #9 shutter opening is at crew discretion w/ Report to MCC
2. See OSTP for references to US activities.
3. Pre-sleep Ops: daily food prep, dinner, pre-sleep
4. Russian crew uses US exercise equipment strictly per F24 or OSTPV
5. For high beta angles the crew powers off all unused Auxiliary Computer System (BKC) Laptops
6. Between 18:00 and 18:30 there may be Tx/Rx S-band and Ku-band dropouts.
7. *Tagup w/specialists* scheduled during PLAZMA CRYSTAL operations