

Single burn ISS reboost using Progress #356 and YC-21

GMT	CREW	ACTIVITY
06:00-06:10		Morning inspection
06:10-06:40		Post-sleep
06:40-07:30		BREAKFAST
07:30-07:40		Work prep
07:40-07:55		Daily Planning Conference (<i>S-band</i>)
07:55-08:10		ISS crew and ГОГУ (RSA Flight Control Team) weekly conference (<i>S-band</i>)
08:10-08:30	CDR	Work prep
08:10-08:15		Work prep
08:15-08:25	FE-1	MSG: activation
08:25-09:05		InSPACE. Experiment ops
08:30-08:45		Motorola phone charging: set up, start charging.
08:45-09:00	CDR	Taking readings from AOK ГАНК-4M gas analyzer
09:00-09:05		Motorola phone charging - status check
09:05-09:20	FE-1	GASMAP HRF - routine health check: power up
09:20-09:30		InSPACE. Monitoring set up
09:20-09:25		Motorola phone charging - status check
09:25-09:40	CDR	IMS tagup (<i>S-band</i>)
09:40-09:50	FE-1	Grab Sample Container (GSC) ops
09:40-09:45	CDR	Motorola phone charging - status check
09:45-09:55	CDR	Motorola phone charging – set up tear down , terminate charge <i>Tagup as necessary (S-band)</i>
09:50-10:05	FE-1	InSPACE monitoring
09:55-10:25	CDR	Restoring ISS Wiener HD file structure <i>Tagup as necessary (S-band)</i>
10:05-10:35	FE-1	DST air sampling
10:25-10:40	CDR	ИПД air sampling for CO in SM
10:35-10:45	FE-1	InSPACE. Monitoring set up
10:40-11:05	CDR	SM and FGB air sampling using AK-1M sampler
10:45-12:15	FE-1	Physical Exercise (TVIS)
11:05-11:45		Replacing interior panels 404, 405 with a new panel. <i>Tagup as necessary (S-band)</i>
11:45-12:05	CDR	IMS update
12:05-13:35		Physical exercise (TVIS), day 3
12:15-13:15	FE-1	Physical Exercise (RED)
13:15-13:30	FE-1	InSPACE tape changeout in MSG
13:35-14:35		LUNCH
14:35-14:50	FE-1	GASMAP HRF - health check
14:35-15:05	CDR	Remove БНП from SM [PO] and stow
15:05-15:10	FE-1	InSPACE v/tape changeout in VTR
15:05-16:05	CDR	PILLE dosimeter readings dump, photography of dosimeters

15:10-15:45	FE-1	InSPACE. Experiment ops
15:45-15:50		Rebooting OCA SSC router
15:50-16:00		INSPACE. Monitoring set up
16:00-16:20		CSA-CP maintenance
16:05-16:35	CDR	COX maintenance
16:20-16:35	FE-1	InSPACE tape changeout in MSG
17:05-17:15		INSPACE. Monitoring set up
17:05-18:05	CDR	Physical exercise (VELO + Load Trainer/Cycle 1), day 3
17:15-17:30	FE-1	InSPACE tape changeout in MSG
17:30-17:40		INSPACE. InSPACE powerdown
17:40-17:45		CSA-CP deactivation
17:45-18:00		Food frequency questionnaire
18:00-18:05		BCAT-3: camera checkout
18:05-18:10		GASMAP HRF - power down for health check
18:05-18:15	CDR	Evening work prep
18:10-18:15	FE-1	MSG - power down
18:15-18:30	.	Daily Planning Conference (<i>S-band</i>)
18:30-18:35	FE-1	O2 and CO2 monitoring
18:35-18:50		FD / ISS crew weekly conference (<i>S-band</i>)
18:50-19:20	CDR	ACH-M raw data prep for OCA downlink. <i>Tagup as necessary (S-band)</i>
18:50-18:55	FE-1	Transferring TVIS, RED, and HRM data to MEC
18:55-19:10		Questionnaire - journal entry
19:20-19:30	CDR	Evening work prep
19:30-20:00		DINNER
20:00-20:30		Daily Food Prep
20:30-21:30		Pre-sleep
21:30-06:00		SLEEP
Task List	CDR	Search for missing hardware

Note: See OSTP for references to US activities.

End of Radiogram