

Progress-to-DC1 Interface Leak Check

GMT	CREW	ACTIVITY
06:00-06:10		Morning inspection
06:10-06:40		Post-sleep
06:40-07:30		BREAKFAST
07:30-07:45		Daily Planning Conference (<i>S-band</i>)
07:45-08:15	FE-1	Work prep
07:45-07:55	CDR	
07:55-08:20		Undocking video downlink from V/C LIV without mixer
08:15-08:40	FE-1	Equipment pre-pack for return
08:20-08:40	CDR	Work prep
08:40-09:10		Review new SODF EMER1 procedures after Soyuz relocation
09:10-10:05	FE-1 CDR (assists)	Orthostatic Stability Evaluation with LBNP To=09:35 . <i>Tagup with specialists (VHF)</i>
10:05-11:15	FE-1	Progress to DC1 Interface Leak Check
10:10-11:10	CDR	Physical Exercise (TVIS)
11:10-12:10		Equipment pre-pack for return
11:15-11:35	FE-1	DC1-CY and CY-Progress Transfer Hatches Open
11:35-11:55		Installing quick disconnect screw clamps
11:55-12:40		Progress deactivation, air duct installation
12:10-12:40	CDR	COX maintenance
12:40-13:40		LUNCH
13:40-16:40	CDR	Disassembly of Soyuz KURS Hardware
13:40-16:10	FE-1	
16:10-17:40		Physical exercise (TVIS), Day 4
16:40-18:10	CDR	Physical Exercise (RED)
17:40-17:45	FE-1	MATRYOSHKA-R [МАТРЕШКА-Р]. Checking sensor data on the reader
17:45-18:20		Equipment pre-pack for return
18:10-18:15	CDR	Transferring TVIS, RED, and HRM data to MEC
18:15-18:20		O2 and CO2 Status Check
18:20-18:45	FE-1	Daily Plan Review
18:25-18:45	CDR	
18:45-19:15		Report prep
19:15-19:30		Daily Planning Conference (<i>S-band</i>)
19:30-20:00		DINNER
20:00-20:30	CDR	Daily food prep
20:00-20:30	FE-1	Daily Food Prep
20:30-21:30		Pre-sleep
21:30-06:00		SLEEP
Task List	FE-1	GCF-JAXA. TBY temperature check
		PLANTS-2. Payload status check

		Removal of HDTV V/C converter
		Removal of air duct from Soyuz 217

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