

**PROGRESS 356 UNLOADING AND IMS UPDATES**

| 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> )                              |
| 07:45-07:55 | CDR        | Work prep                                                                |
| 07:55-08:15 |            | US condensate transfer from CWC 1057 using БПК                           |
| 07:45-08:15 | FE-2, FE-1 | Work prep                                                                |
| 08:15-10:10 | CDR        | Progress 356 unloading and IMS updates                                   |
| 08:15-09:25 | FE-2       |                                                                          |
| 08:15-08:30 | FE-1       | MELFI - 2ML sample relocation and 5ML sample insertion into Dewar 2      |
| 08:35-08:45 |            | Terminate BSA battery charge                                             |
| 08:45-09:05 |            | Start BSA battery charge                                                 |
| 09:05-10:05 |            | DOUG Software Review                                                     |
| 09:35-11:05 | FE-2       | Physical Exercise (RED)                                                  |
| 10:10-11:40 | CDR        | ETD. Experiment ops. <i>Tagup with specialists as necessary (S-band)</i> |
| 10:10-10:25 | FE-1       | HRF Laptop Hard Drive swap                                               |
| 10:25-10:35 |            | HRF2 - rack powerup                                                      |
| 10:35-12:05 |            | Physical Exercise (TVIS)                                                 |
| 11:05-11:10 | FE-2       | ETD. Experiment Photography                                              |
| 11:10-12:10 |            | Crew adaptation and ISS familiarization                                  |
| 11:40-12:10 | CDR        | COЖ maintenance                                                          |
| 12:05-12:10 | FE-1       | TVIS Weekly Maintenance                                                  |
| 12:10-13:10 | FE-2, FE-1 | EVA procedure review                                                     |
| 12:10-13:10 | CDR        | Physical Exercise (VELO + Load Trainer 1), day 4                         |
| 13:10-14:10 | .          | LUNCH                                                                    |
| 14:10-14:20 | FE-1       | HRF2 - rack power down                                                   |
| 14:10-16:40 | CDR        | ПТАБ -1M pos. A301 R&R                                                   |
| 14:10-17:00 | FE-2       | Progress 356 unloading and IMS updates                                   |
| 14:20-14:35 | FE-1       | MELFI - 5ML sample relocation                                            |
| 14:35-14:50 |            | MELFI - data download                                                    |
| 14:50-15:35 |            | Filling CWC from the Lab Condensate Tank                                 |
| 15:35-17:05 |            | Installing Floating Potential Measuring Unit (FPMU)                      |
| 16:45-18:15 | CDR        | Physical Exercise (TVIS) day 4                                           |
| 17:00-17:20 | FE-2       | IMS update                                                               |
| 17:05-17:20 | FE-1       | Periodic inspection of RED                                               |
| 17:20-18:20 |            | Physical Exercise (RED)                                                  |
| 17:20-18:20 | FE-2       | Physical Exercise (CEVIS)                                                |
| 18:15-18:55 | CDR        | Evening work prep                                                        |
| 18:20-18:35 | FE-1       | Questionnaire - journal entry                                            |

|                  |           |                                                          |
|------------------|-----------|----------------------------------------------------------|
| 18:20-18:25      | FE-2      | Transfer TVIS, RED, HRM, and CEVIS data to MEC           |
| 18:25-18:55      |           | Evening work prep                                        |
| 18:35-18:55      | FE-1      | Evening work prep                                        |
| 18:55-19:10      |           | Daily Planning Conference ( <i>S-band</i> )              |
| 19:10-19:30      |           | Evening work prep                                        |
| 19:30-20:00      |           | DINNER                                                   |
| 20:00-20:30      | CDR, FE-2 | Daily food prep                                          |
|                  | FE-1      | Daily food prep                                          |
| 20:30-21:30      |           | Pre-sleep                                                |
| 21:30-06:00      |           | SLEEP                                                    |
| <b>Task List</b> | CDR       | PLANTS-2. Payload status check                           |
|                  |           | Search for Converter-Amplifiers [БПУ] Beta-8 #61 and #63 |

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