

PROGRESS 356 UNDOCKING FROM SM AO [PROPULSION COMPARTMENT].

GMT	CREW	ACTIVITY
04:15-04:25	.	Morning inspection
04:25-04:55		Post-sleep
04:55-05:45		BREAKFAST
05:45-06:00		Daily Planning Conference (<i>S-band</i>)
06:00-06:30	CDR,FE-1	Work prep
06:00-06:15	FE-2	Work prep
06:15-06:25		SWAB - unstow
06:25-08:05	FE-2	Collecting surface water and air biocharacterization surface samples
06:30-06:45	CDR	БМП Ф1 Absorption Cartridge regeneration (start)
06:45-07:45		Elektron activation. <i>Tagup with specialists (S-band)</i>
07:05-08:35	FE-1	Physical Exercise (TVIS)
08:05-08:20	FE-2	Stow surface water and air biocharacterization surface samples and kit
08:30-09:30	CDR	LBNP Exercise (PRELIMINARY) / <i>Tagup with specialists (S-band)</i>
08:35-09:30	FE-2(assists)	
08:35-08:40	FE-1	TVIS Weekly Maintenance
08:40-09:40		Physical Exercise (RED)
09:40-11:10	FE-2	Physical Exercise (VELO + LT-1) day 1
09:40-10:10	CDR,FE-1	KENTAVR Fit Check. <i>Tagup with specialists as necessary (S-band)</i>
10:10-10:25		Private medical conference with landing specialists (<i>S-band</i>)
10:25-10:55	CDR	SM and FGB air sampling using AK-1M sampler
10:25-10:45	FE-1	Grab Sample Container (GSC) ops
10:45-11:15		Use DST sampler instead of SSAS
10:55-11:10	CDR	ИПД air sampling for CO in SM
11:10-11:40	FE-2	On-Orbit Hearing Assessment (OOHA) with EarQ Software
11:35-11:50	FE-1	Post-12A stowage of speakers, cables, and microphones
11:55-12:55	.	LUNCH
12:55-13:55	CDR	Crew departure prep
12:55-13:25	FE-1	COЖ maintenance
12:55-13:05	FE-2	SWAB - sample kit unstow and preparation
		SWAB - temp stow/preparation
13:25-13:35	FE-1	Scheduled maintenance of Compound Specific Analyzer- Combustion Products (CSA-CP)
13:35-14:35		Crew departure prep
13:55-14:05	FE-2	SWAB - temp stow/preparation
13:55-14:15	CDR	IMS update
14:15-15:45		Physical Exercise (TVIS) Day 4
14:25-14:35	FE-2	SWAB - temp stow/preparation
14:55-15:05		SWAB - air sample and equipment stow
15:30-15:45	FE-1	HRF Laptop Hard Drive swap
15:40-16:40	FE-2	Physical Exercise (TVIS) day 1
15:45-16:00	FE-1	Questionnaire - journal entry

16:00-17:00		Evening work prep
16:10-17:10	CDR	
16:40-17:10	FE-2	
17:00-17:05	FE-1	Radio equipment power down in FGB
17:05-17:10		Transferring TVIS, RED, and HRM data to MEC
17:10-17:25	.	Daily Planning Conference (<i>S-band</i>)
17:25-18:00	CDR	Daily food prep
17:30-18:00	FE-2,FE-1	
18:00-18:30	.	DINNER
18:30-18:45	CDR	Pre-sleep
18:30-19:30	FE-2,FE-1	
18:45-19:00	CDR	БМП Φ1 Absorption Cartridge regeneration (termination)
19:00-19:05		Switch ПpK-TK PEV to CLOSED position
19:05-19:30		Pre-sleep
19:30-04:00	.	SLEEP
Task List	CDR	PLANTS-2. Payload status check

Note: See OSTP for references to US activities.

End of Radiogram