

Closing Progress-CY and DC-CY transfer hatches, leak check

GMT	CREW	ACTIVITY
06:00-06:10		Morning inspection
06:10-06:40	FE-1, FE-2	Post-sleep
06:10-06:25	CDR	Nutrition: urine collection (CDR)
06:25-06:30		Renal Stone: urine collection (termination)
06:30-06:45		Nutrition: urine sample insertion in MELFI freezer
06:40-07:30	FE-1	BREAKFAST
06:40-06:45	FE-2	SKIN. Cream application on the arm
06:45-07:00	CDR, FE-2 (operator)	Nutrition: blood sample collection for analysis
07:00-07:15	FE-2	Regeneration of Micropurification unit (БМП) Φ2 Absorption Cartridge (start)
07:15-08:05		BREAKFAST
07:00-07:10	CDR	Nutrition: set up and insertion of cooler centrifuge
07:10-07:30		Post-sleep
07:30-07:40		Nutrition: cooler centrifuge config
07:30-08:00	FE-1	Work prep
07:40-07:55	CDR	Work prep
07:55-08:15		Nutrition: blood sample insertion into MELFI
08:05-08:15	FE-2	Work prep
08:15-08:30		Daily Planning Conference (<i>S-band</i>)
08:30-09:25	FE-1	Crew time for ISS adaptation and orientation
08:30-08:40	CDR	Post-sleep
08:30-12:00	FE-2	Transferring urine from EDV-U to Progress 357 Rodnik Water Tank 1
08:40-09:30	CDR	BREAKFAST
09:30-09:45		Food frequency questionnaire
09:35-11:05	FE-1	Physical Exercise (TVIS) day 1
09:45-10:05	CDR	Nutrition: Cleaning Refrigerated Centrifuge and equipment stow
10:05-11:05		Crew time for ISS adaptation and orientation
11:05-13:05	CDR, FE-1	FGB prep for Soyuz TMA-219 relocation. Relocation RODF review . <i>Tagup (as necessary)</i>
12:00-13:00	FE-2	Physical Exercise (VELO + LT-1) day 4
13:00-13:05		On MCC Go ISS O2 repress from Progress CpПК (start)
13:05-14:05		LUNCH
14:05-14:10	FE-2	ISS O2 repress from Progress CpПК (terminate) p. 3-2
14:10-15:10	FE-1, FE-2	Install Progress 357 docking mechanism
14:10-14:30	CDR	Renal Stone: hardware stow
14:30-14:40		CWC audit
14:40-15:20		LAB PS120 Junction Box Deploy
15:10-15:55	FE-1	Activation of Progress 357
15:25-16:25	CDR	Physical Exercise (RED)

15:55-16:15	FE-1, FE-2	Removal of quick-release screw clamps, interface surface video
16:15-16:35		Progress-CY and DC-CY transfer hatches closure
16:25-17:55	CDR	Physical Exercise (CEVIS)
16:35-17:35	FE-1	DC1/Progress hatch leak check
16:35-16:55	FE-2	IMS Update
16:55-17:05		TV downlink showing DC1-Progress interface before closing hatch (S + Ku-band)
17:05-18:35		Physical Exercise (RED)
17:35-18:35	FE-1	Physical Exercise (VELO + LT-1) day 1
17:55-18:00	CDR	Transfer TVIS, RED, HRM, and CEVIS data to MEC
18:00-19:00		Evening work prep
18:35-19:00	FE-2	Evening work prep
18:35-18:50	FE-1	Taking readings from AOK ГАНК-4М gas analyzer
18:50-19:00		Evening work prep
19:00-19:15		Daily Planning Conference (S-band)
19:15-19:45	CDR	Daily food prep
19:15-19:45	FE-2	Daily food prep
19:15-19:30	FE-1	Evening work prep
19:30-20:00		Daily food prep
19:45-20:15	CDR, FE-2	DINNER
20:00-20:30	FE-1	DINNER
20:15-21:15	CDR	Pre-sleep
20:15-20:30	FE-2	БМП Φ2 Absorption Cartridge regeneration (termination)
20:30-21:30	FE-1, FE-2	Pre-sleep
21:15-21:30	CDR	Questionnaire - log entry
21:30-06:00		SLEEP

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