

Progress 358 Transfer Ops. Health Status Check

GMT	CREW	ACTIVITY
06:00-06:10	FE-1, FE-2	Morning inspection
06:00-06:10	CDR	Acoustic dosimeters: post-sleep data recording (operation 3 of 5)
06:10-06:20	CDR	Acoustic dosimeters: hardware setup for static measurements
06:10-06:20	FE-1	MO-8. Set-up
06:10-06:20	FE-2	Calf volume measurement
06:20-06:30	FE-1	
06:20-06:50	FE-2	Post-sleep
06:20-06:35	CDR	Body mass measurement
06:35-06:50	FE-1	
06:35-06:45	CDR	Calf volume measurement
06:45-07:15	CDR	Post-sleep
06:50-07:05	FE-2	Body mass measurement
06:50-07:15	FE-1	Post-sleep
07:05-07:15	FE-2	MO-8. Close-out ops
07:15-07:25		Post-sleep
07:15-08:15	CDR	BREAKFAST
07:15-08:05	FE-1	BREAKFAST
07:25-07:30	FE-2	SKIN. Cream application to hand
07:30-08:20		BREAKFAST
08:05-08:35	FE-1	Work prep
08:15-08:35	CDR	Work prep
08:20-08:35	FE-2	EMCS - video tape changeout
08:35-08:50		Daily Planning Conference
08:50-09:05	FE-2	Work prep
08:50-09:20	CDR	Unpacking IMAK S/N 1039
09:05-10:55	FE-2	Progress 358 transfers and IMS updates
09:25-10:55	FE-1	Activation of Elektron VM Oxygen Supply System [CKO] (БЖ 009).
09:50-10:50	CDR	Physical Exercise (RED)
10:50-12:20		Physical Exercise (CEVIS)
10:55-11:55	FE-1	Installation of new Gamma-1M hardware BP panel.
10:55-11:55	FE-2	Physical Fitness Evaluation (on treadmill)
11:55-12:25		COЖ Maintenance
11:55-13:25	FE-1	Physical Fitness Evaluation (on treadmill)
12:20-13:20	CDR	DOUG Software Review
12:25-12:40	FE-2	Private Medical Conference
12:40-12:55		CARD. HOLTER device battery charge
13:00-13:25		LDM PAO (To= 12:55, T1, T2, T3 activation from CПП)
13:25-14:25		LUNCH

14:25-14:40	CDR	IWIS power down
14:25-14:40	FE-1	Private Medical Conference
14:25-14:45	FE-2	SMPA charger power reconfiguration
14:50-15:10	FE-1	IMS update
15:00-15:10	CDR	PAO hardware setup
15:10-15:20		Crew prep for PAO
15:20-15:40		PAO event (CBS News)
15:40-17:35	FE-1	Progress 358 transfers and IMS updates
15:40-17:05	FE-2	Progress 358 transfers and IMS updates
15:40-16:25	CDR	MAS air sampling
16:25-17:40	CDR	Surface Sample Kit (SSK) Collection/Incubation
17:05-18:35	FE-2	Physical Exercise (RED)
17:35-18:35	FE-1	Physical Exercise (VELO +Load Trainer 1), day 3
17:40-18:20	CDR	Evening work prep
18:20-18:35		Private Medical Conference
18:35-18:50	.	Daily Planning Conference
18:50-19:30	FE-1, FE-2	Evening work prep
18:50-18:55	CDR	Copying TVIS, RED, HRM, and CEVIS data to MEC
18:55-19:10		Evening work prep
19:10-19:30		Acoustic dosimeters: stow equipment after static measurement ops
19:30-20:00		DINNER
20:00-20:30	CDR,FE-1	Daily Food Prep
20:00-20:15	FE-2	EMCS - video tape changeout
20:15-20:30		Daily Food Prep
20:30-21:30		Pre-sleep
21:30-06:00		SLEEP

Note: See OSTP for references to US activities.

End of Radiogram