

ISS/Progress-M1 Undocking Test

GMT	Crew	Activity / <i>ODF or R/G</i>
06:00–06:10		Morning inspection
06:10–06:40		Post-sleep
06:40–07:30		BREAKFAST
07:30–07:55		Work prep
07:55–08:05		Daily planning conference (morning)
08:05–08:30	CDR	Opening Lab hatch / <i>OCA_1555 steps 2-4</i>
08:05–10:05	PLT, FE-1	TORU sim / <i>??/665</i>
08:30–09:00	CDR	Reconfigure ITCS / <i>OCA_1553 steps 4-5</i>
09:00–10:00	CDR	Physical exercise
10:05–11:05	FE-1	Physical exercise (active rest)
10:00–11:30	CDR	Installation of SSC network: Phase II / <i>OCA_1507</i>
11:05–11:20	FE-1	Private family conference
11:05–12:05	PLT	Physical exercise (active rest)
12:05–13:05		LUNCH
13:05–13:15	PLT	Inspect ????-1 separator
13:05–13:25	FE-1	Drying of spacesuit No. 3 and gloves / <i>???? . ???? page 31, item 7</i>
13:15–13:30	CDR	Private family conference via S-band
13:30–19:00	CDR	TVIS repairs / <i>OCA_1623</i>
13:30–17:30	FE-1	
13:30–18:35	PLT	
14:14–14:23	PLT	Private family conference
17:30–17:50	FE-1	Stow spacesuit No. 3 and gloves / <i>???? . ???? page 31, item 7</i>
18:35–18:45	PLT	Downlink ??? and ?? data
19:00–19:30		Report prep
19:30–20:00		DINNER
20:00–20:30		Daily food ration prep
20:30–21:30		Pre-sleep
21:30–06:00		SLEEP

End of radiogram