

**Undocking of Progress-M from SM Aft Port**

<b>GMT</b>	<b>Crew</b>	<b>Activity</b>
06:00-06:10		Morning inspection
06:10-06:40		Personal hygiene (post-sleep)
06:40-07:30		BREAKFAST
08:15-08:40	CDR	RENAL STONE – end of urine collection (CDR)
08:45-09:25	PLT	??? maintenance
09:00-10:30	CDR	PE (TVIS)
09:25-10:55	FE-1	PE (active rest)
10:10-11:40	PLT	PE (active rest)
10:30-11:30	CDR	PE (RED)
11:40-12:40		LUNCH
14:10-14:55	FE-1 (assist), PLT	Orthostatic tolerance evaluation with LBNP, ?0=14.31
14:10-14:30	CDR	RENAL STONE – equipment stowage
14:30-14:55		Daily status check of US payloads
14:55-15:30	FE-1 (assist), PLT	CHIBIS workout
17:20-18:05	FE-1, PLT (assist)	Orthostatic tolerance evaluation with LBNP, ?0=17.39
18:05-18:40	CDR	Plan review
18:05-18:40	FE-1, PLT (assist)	CHIBIS workout
18:40-19:25	CDR	Work prep
18:40-19:00	FE-1, PLT	Report prep
19:00-19:25		Plan review
19:25-19:40		Daily planning conference
19:40-20:10		DINNER
20:10-20:30		Daily food ration prep
20:30-21:30		Personal hygiene (post-sleep)
21:30-06:00		SLEEP

**Note:** See OSTP for references to US activities

End of radiogram