

**Progress-2 Activation**

<b>GMT</b>	<b>Crew</b>	<b>Activity and links to ODF or R/G</b>
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
08:10–12:15	CDR, PLT	IMS ops
08:15–12:15	FE-1	IMS ops
11:10–11:20	FE-1	Start regeneration of O1 absorbent cartridge (A11) / N1A N1, item 7.3, pg. 7-4, step 2
12:15–13:15	FE-1, PLT	Physical exercise (active rest)
12:15–13:15	CDR	Physical exercise (TVIS)
13:15–14:15		LUNCH
14:15–14:30	CDR	Ham Radio School Contact / INA_949
14:30–14:50	CDR	IMS ops
14:52–15:02		Weekly planning conference via OCA
15:02–15:50	CDR	IMS ops
15:30–17:00	PLT, FE-1	Physical exercise (active rest)
15:50–16:40	CDR	Plant morphology: take and downlink photos / INA_0869 step 6
16:52–17:12	CDR	Videoconference with MCC-H via OCA
17:00–17:20	PLT	Prep delta file for downlink
17:00–17:25	CDR	Report prep
17:25–17:40	CDR	Private family conference via OCA
17:40–18:00	CDR	Review plan for the next day
18:00–19:30	CDR	Physical exercise (IRED)
18:30–19:30	FE-1, PLT	Prep report and review plan for the next day
19:30–20:00		DINNER
20:00–20:20		Daily food ration prep
20:20–20:30		Daily planning conference
20:30–21:30		Pre-sleep
21:30–06:00		SLEEP

Note

<b>08:24, 17:57</b>	<b>CDR</b>	<b>Earth observations (candidate activity)</b>
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End of radiogram