

Radiogram No. 2613u  
**LBNP Exercise (FINAL)**

Form 24 for 03/16/2010

GMT	CREW	ACTIVITY
06:00-06:10	CDR, <b>FE-1</b> , FE-5, FE-6	Morning Inspection
06:00-06:05	<b>FE-4</b>	Elektron-VM Aerosol Filter Inspection
06:05-06:20	<b>FE-4</b>	<b>On MCC GO</b> БМП Ф2 Absorption Cartridge Regeneration (start)
06:10-06:40	CDR, <b>FE-1</b> ,FE-5, FE-6	Post-sleep
06:20-06:40	<b>FE-4</b>	Post-sleep
06:40-07:30		BREAKFAST
07:30-07:55		Daily Planning Conference ( <i>S-band</i> )
07:55-08:15	<b>FE-1</b>	Symbolic Activity with Simvolika 20P kit
07:55-08:35	<b>FE-4</b>	
07:55-08:15	FE-5, FE-6	Work Prep
07:55-08:05	CDR	EHS GC/DMS Ops Start
08:05-09:35	CDR	Physical Exercise (ARED)
08:15-08:30	FE-6	CARD Crew Pulmonary Function System Power Up
08:15-08:45	FE-5	On-orbit Hearing Assessment using EARQ
08:15-10:05	<b>FE-1</b>	TYPOLOGY Experiment. <i>Tagup with specialists (S-band)</i>
08:30-08:40	FE-6	CARD Urine Collection
08:35-08:55	<b>FE-4-assists</b>	TYPOLOGY Experiment. <i>Tagup with specialists (S-band)</i>
08:45-08:50	FE-5	Space Poem Camera Preparation
08:45-08:50	FE-6	EPM Laptop Setup and Activation
08:50-08:55	FE-5, FE-6	Space Poem Photography
08:55-09:00	FE-5	Space Poem Closeout
09:05-09:20	FE-5	Relocating Pivot Fitting from JPM1A1 to JLP1A1.
09:10-09:30	<b>FE-4</b>	On-orbit Hearing Assessment using EARQ
09:15-09:40	FE-6	CARD Pulmonary Activity Study 4
09:20-10:20	FE-5	Columbus Centralized Cabin Filter (CCF) R&R
09:30-10:00	<b>FE-4</b>	ECMM [System And Multiplex Line Unit] Software Patch Installation. <i>Tagup with specialists (S-band)</i>
09:35-09:45	CDR	T2 Monthly Inspection
09:40-09:55	FE-6	CARD Crew Refrigerated Centrifuge Setup and Configure
09:45-10:45	CDR	Physical Exercise T2
09:55-10:25	FE-6	CARD Blood Sample Collection
10:05-10:20	<b>FE-1, FE-4</b>	Signing ISS RS Handover Protocol
10:20-10:35	<b>FE-1, FE-4</b>	Telephone conference with Rossiyskiy Kosmos magazine editor ( <i>S-band</i> )
10:20-11:20	FE-5	Physical Exercise (CEVIS)
10:25-10:30	FE-6	CARD Crew Refrigerated Centrifuge Blood Sample Load
10:35-10:55	<b>FE-4</b>	EXPOSE-R Setup and start data download from ECMM. <i>Tagup with specialists (S-band)</i>
10:35-10:55	<b>FE-1</b>	PLANTS-2. Data Downlink
10:45-11:45	CDR	ICA Data Load

10:45-10:50	FE-6	CARD Blood Sample Prep
10:50-10:55	FE-6	MERLIN Condensation Status Check
10:55-12:25	<b>FE-1, FE-4 (assists)</b>	LBNP Exercise (FINAL). <b>To=11:46. Tagup with specialists (VHF)</b>
11:05-11:25	FE-6	CARD Crew MELFI Blood Sample Insertion and Refrigerated Centrifuge Conclude
11:20-11:35	FE-5	ARED Flywheel Cylinder Evacuation
11:35-13:05	FE-5	Physical Exercise (ARED)
11:35-11:40	FE-6	HAM Radio Setup
11:40-11:50	FE-6	HAM Radio Session
11:50-12:15	FE-6	On-orbit Hearing Assessment using EARQ
12:15-12:30	FE-6	Private Medical Conference ( <i>S-band</i> )
12:25-13:05	<b>FE-1</b>	PLANTS-2 Plant Sample Collection
12:25-12:35	<b>FE-4</b>	EXPOSE-R BCMM data download terminate and data downlink via OCA
12:30-12:50	FE-6	CARD Urine Sample Collection
12:35-13:15	<b>FE-4</b>	COX Maintenance
12:50-13:00	FE-6	CARD Urine Sample MELFI Insertion
13:00-14:00	FE-6	LUNCH
13:00-13:10	CDR	WRS Water Sample Analysis
13:05-13:15	<b>FE-1</b>	PLANTS-2 Inserting Cut Plant Samples Into MELFI
13:05-14:05	FE-5	LUNCH
13:10-13:15	CDR	Terminate EHS GC/DMS Ops
13:15-14:15	CDR, <b>FE-1, FE-4</b>	LUNCH
14:00-14:25	FE-6	CARD Pulmonary Activity Study 5
14:05-15:05	FE-5	Hardware Prepack for Return on 19A
14:15-15:15	<b>FE-1</b>	Dismantling JKT (TA251MB) from Soyuz 226 Orbital Compartment. <b>Stow at CM1PO_3_314_1 in bag #353-8. Update IMS</b>
14:15-15:15	CDR	Crew Departure Prep
14:20-14:35	<b>FE-4</b>	Private Medical Conference ( <i>Ku+S-band</i> )
14:25-14:45	FE-6	CARD Holter Arterial BP Measurements and Data Saving Day 2
14:35-15:00	<b>FE-4</b>	BIOTREK Transfer Bioecology Container #6-2 from DC1 to Soyuz
14:45-14:50	FE-6	CARD Data Downlink
14:50-15:15	FE-6	CARD Crew Pulmonary Function System Stow
15:00-15:15	<b>FE-4</b>	GINSENG-2. Remove and Transfer Bioecology Container to Soyuz for Return
15:15-15:25	CDR	TOCA Data Recording And Downlink
15:15-15:55	<b>FE-1</b>	Microbial Sample Collection
15:15-15:30	<b>FE-4</b>	BIORISK. Biorisk-MCB Container #9 Removal and Transfer from SM to Soyuz
16:00-16:25	FE-5, FE-6	PAO Event ( <i>Ku+S-band</i> )
15:30-15:45	CDR	ICV Closeout
15:30-16:00	<b>FE-4</b>	MATRYOSHKA-R. Close-out ops and transfer to Soyuz 226
15:45-15:55	FE-5	PAO Hardware Setup
15:45-15:50	FE-6	SM HAM Radio Deactivation
15:50-15:55	FE-6	Reconnection of MPPLL power cable

15:55-16:00	FE-5, FE-6	Crew Prep for PAO
15:55-16:05	<b>FE-1</b>	MATRYOSHKA-R. Close-out ops and transfer to Soyuz 226
16:00-16:05	<b>FE-4</b>	Elektron-VM Aerosol Filter Inspection
16:00-16:25	FE-5, FE-6	PAO Event ( <i>Ku+S-band</i> )
16:05-17:05	<b>FE-1</b>	Physical Exercise (TVIS), Day 1
16:05-17:05	<b>FE-4</b>	Physical Exercise (ARED)
16:25-16:35	FE-5	PAO Hardware Deactivation
16:30-17:30	FE-6	Physical Exercise T 2
16:35-18:10	FE-5	Airlock Shell Heater Removal
17:05-17:25	<b>FE-1</b>	Symbolic Activity with Simvolika 20P kit
17:05-18:35	<b>FE-4</b>	Physical Exercise (TVIS), Day 2
17:25-17:40	<b>FE-1</b>	Private Medical Conference ( <i>Ku+S-band</i> )
17:30-17:50	CDR	WRS UPA Processing
17:30-18:30	FE-6	Physical Exercise (ARED)
17:40-17:55	<b>FE-1</b>	SM air sampling using AK-1M sampler
17:50-18:35	CDR	Evening Work Prep
17:55-18:10	<b>FE-1</b>	ИПД Air Sampling for Ammonia in SM
18:10-18:35	<b>FE-1</b>	Crew Departure Prep
18:10-18:35	FE-5	Evening Work Prep
18:30-18:35	FE-6	CARD Stow
18:35-19:00	.	Daily Planning Conference ( <i>S-band</i> )
19:00-20:45	<b>FE-4</b>	Pre-sleep
19:00-21:00	<b>FE-1</b> , FE-5, FE-6	Pre-sleep
19:00-19:05	CDR	MPC Power Up
19:05-19:20	CDR	Pre-sleep
19:20-19:35	CDR	VHF Comm Check Using US Ground Sites
19:35-20:55	CDR	Pre-sleep
20:45-21:00	<b>FE-4</b>	БМП Φ2 Absorption Cartridge Regeneration (termination)
20:55-21:00	CDR	MPC Power Down
21:00-03:00	.	SLEEP
	<b>FE-4</b>	IMS Update

**Notes:**

1. SM Window #9 shutter opening is at crew discretion w/ **Report to MCC**
  2. See OSTP for references to US activities
  3. Pre-sleep ops: dinner, daily food prep, evening toilet
- End of Radiogram