Radiogram 4232u Form 24 10/1/2010 Transition to Regul-OS String 2. Crew Off Duty

TIME	CREW	Activity
06:00-06:20	FE-5	URAGAN. Observation and Imagery using ΦCC hardware
06:00-06:05	CDR, FE-6	SLEEP: data recording
06:05-06:10	CDR, FE-6	Spot Urine Test
06:10-06:40	CDR, FE-6	Doct Class
06:20-06:40	FE-5	Post-Sleep
06:40-07:30	CDR, FE-6	Breakfast
06:40-07:15	FE-5	
07:15-07:25	FE-5	Equipment Setup for TV Greeting
07:25-07:30	FE-5	Elektron-VM Aerosol Filter Inspection
07:30-07:45		Daily Planning Conference (S-band)
07:45-08:00	CDR, FE-6	Work Prep
08:02-08:12		TV greeting for 5-th MCC anniversary, TV greeting for Teachers' Day (Ku+S-band)
08:12-08:25	FE-5	TV teardown
08:15-08:22	CDR	PPFS Activation and 45-min Warmup
08:15-09:10	FE-6	T2 Annual Maintenance
08:25-10:15	CDR	VO2: Setup and Protocol
08:30-08:45		Weekly Crew Conference w/GOGU (S-band)
09:10-10:40	FE-6	T2: Jam Nut Secure
10:00-10:20	FE-5	Regul Packet Comm Transition to Regul-OS String 2
10:15-11:00	CDR	VO2max Protocol Recording
10:40-12:10	FE-6	Physical Exercise - ARED
11:00-11:15	CDR	VO2: Thermolab Data Transfer to PPFS, Deactivation, and Thermolab Stow
11:15-11:20	CDR	VO2max Data Downlink
11:30-12:15	CDR	VO2max: MBS Stow
12:10-13:10	FE-6	Physical Exercise - TVIS
12:15-13:05	CDR	VO2: PPFS Closeout Ops
13:05-14:05	CDR	Lunch
13:10-14:10	FE-5, FE-6	Lunch
14:05-14:10	CDR	PROK: Diet Data Logging (Day 1)
14:10-14:15	FE-6	PROK: Diet Data Collection (Days 2-4)
14:10-14:25	CDR	PPFS MBS Hardware Stow
14:15-14:30	FE-6	PCS/PWS Reboot
14:25-14:45	CDR	CBEF: MEU Disassembly
14:25-14:55	FE-5	СОЖ Maintenance
14:30-16:00	FE-6	EARTHKAM: Camera Firmware Update and Checkout
14:45-14:55	CDR	CBEF: MEU Disassembly
15:05-15:15	CDR	Video Hardware Installation for TVIS 2 Exercise Imagery
15:15-15:55	CDR	T2L Activation, Checkout, Exercise
15:55-17:25	CDR	Physical Exercise - ARED
15:55-16:55	FE-5	Physical Exercise - Velo, Day 3

17:55-18:00 FE-6 Glovebox (MSG): Powerdown 18:00-18:15 FE-6 Food Questionnaire 18:15-18:25 FE-6 TVIS Weekly Maintenance 18:25-18:30 FE-6 WHC Config for UPA Integration 18:25-18:30 FE-5 Elektron-VM Aerosol Filter Inspection 18:30-18:45 . Daily Planning Conference (S-band) 18:45-19:05 . FD Conference (S-band) 19:05-19:30 . Evening Work Prep 19:30-19:35 FE-6 MPC: Powerup 19:30-21:30 FE-5 Pre-Sleep 19:30-20:30 FE-6 Pre-Sleep 19:50-20:05 CDR Private Family Conference 20:05-21:30 CDR Pre-Sleep 20:30-20:35 FE-6 MPC: Power Down 20:35-21:30 FE-6 Pre-Sleep		1	
16:25-17:25 FE-6 PBA and PFE Inspection 16:55-18:25 FE-5 Physical Exercise - TVIS, Day 3 17:25-17:55 FE-6 Evening Work Prep 17:25-18:25 CDR Physical Exercise - CEVIS 17:55-18:00 FE-6 Glovebox (MSG): Powerdown 18:00-18:15 FE-6 Food Questionnaire 18:15-18:25 FE-6 TVIS Weekly Maintenance 18:25-18:30 FE-6 WHC Config for UPA Integration 18:25-18:30 FE-5 Elektron-VM Aerosol Filter Inspection 18:30-18:45 Daily Planning Conference (S-band) 19:05-19:30 FD Conference (S-band) 19:05-19:30 Evening Work Prep 19:30-19:35 FE-6 MPC: Powerup 19:30-19:30 FE-5 Pre-Sleep 19:30-19:30 FE-5 Pre-Sleep 19:30-20:30 FE-6 Pre-Sleep 19:30-20:30 FE-6 Pre-Sleep 19:30-20:30 FE-6 Pre-Sleep 20:05-21:30 CDR Pre-Sleep 20:30-20:35 FE-6 M	16:00-16:10	FE-6	MELFI: Module Cleaning
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17:55-18:00 FE-6 Glovebox (MSG): Powerdown 18:00-18:15 FE-6 Food Questionnaire 18:15-18:25 FE-6 TVIS Weekly Maintenance 18:25-18:30 FE-6 WHC Config for UPA Integration 18:25-18:30 FE-5 Elektron-VM Aerosol Filter Inspection 18:30-18:45 . Daily Planning Conference (S-band) 18:45-19:05 . FD Conference (S-band) 19:05-19:30 . Evening Work Prep 19:30-19:35 FE-6 MPC: Powerup 19:30-21:30 FE-5 Pre-Sleep 19:30-19:50 CDR Pre-Sleep 19:35-20:30 FE-6 Pre-Sleep 19:50-20:05 CDR Private Family Conference 20:05-21:30 CDR Pre-Sleep 20:30-20:35 FE-6 MPC: Power Down 20:35-21:30 FE-6 Pre-Sleep 11:30-06:00 . Sleep 12:38-List FE-5	17:25-17:55	FE-6	Evening Work Prep
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21:30-06:00 . Sleep Task List FE-5 Identification. Transfer of ИМУ-Ц Measurements to RSE 1 Laptop	20:30-20:35	FE-6	MPC: Power Down
Task List FE-5	20:35-21:30	FE-6	Pre-Sleep
Task List FE-5	21:30-06:00		Sleep
URAGAN. Observation and Imagery	Tack Liet	FF-5	Identification. Transfer of ИМУ-Ц Measurements to RSE 1 Laptop
	I GON LIST	I L-3	URAGAN. Observation and Imagery

Notes:

- SM Window 9 shutter opening is at crew discretion w/ Report to MCC
 See OSTP for missing references to US Activities
 Pre-Sleep: dinner, daily food prep, evening ablutions
 End of Radiogram