

Radiogram No. 9471u

Form 24 for 01/25/09

Weekly Housekeeping

GMT	CREW	ACTIVITY
06:00-06:10	.	Morning Inspection
06:10-06:40	.	Post-sleep
06:40-07:30	.	BREAKFAST
07:30-07:50	CDR	Nutrition and Repository - Urine Sample Collection
07:50-07:55	CDR	Nutrition and Repository - Urine Sample MELFI Insertion
07:55-10:55	CDR	Weekly Housekeeping
09:00-10:30	FE-2	Physical Exercise (ARED)
10:30-11:30	FE-2	Physical Exercise (TVIS)
10:55-11:15	CDR	Nutrition and Repository - Urine Sample Collection
11:15-11:20	CDR	Nutrition and Repository - Urine Sample MELFI Insertion
11:15-11:30	FE-1	Private Family Conference (<i>Ku+S-band</i>)
11:20-11:40	CDR	Nutrition and Repository - Stow Urine Sampling Hardware
11:40-13:10	CDR	Physical Exercise (ARED)
11:40-13:10	FE-1	Physical Exercise (TVIS), day 1
13:10-14:10	.	LUNCH
14:10-14:15	FE-2	Potable Water Dispenser (PWD) Flush
15:30-16:30	CDR	Physical Exercise (TVIS)
16:35-17:35	FE-1	Physical Exercise (VELO), day 1
16:40-16:55	FE-2	Private Psychological Conference (<i>Ku+S-band</i>)
16:55-17:10	CDR	Private Psychological Conference (<i>Ku+S-band</i>)
17:35-18:15	FE-1	COЖ Maintenance. <i>CBO, CП, and POTOK Air Purification System data calldowns</i>
18:15-18:35	.	Evening Work Prep
18:35-18:50	.	Daily Planning Conference (<i>S-band</i>)
18:50-19:30	.	Evening Work Prep
19:30-21:30	FE-1,FE-2	Presleep (dinner, daily food prep, evening toilet)
19:30-19:50	CDR	
19:50-20:05		Private Family Conference (<i>Ku+S-band</i>)
20:05-21:30		Presleep (dinner, daily food prep, evening toilet)
21:30-06:00	.	SLEEP
Task List	FE-1	PLANTS-1. Payload Status Check
		ECON. Observations And Photography
		URAGAN. Observations and Photography
		Removable Cassette Containers [CKK] Photography

Notes:

1. SM Window #9 shutter opening is at crew discretion w/ **Report to MCC**
 2. See OSTP for references to US activities.
- End of radiogram