

Radiogram No. 6378nu

Form 24 for 10/19/07

UPDATED**Joint Flight Day Seven. LBNP Exercise**

GMT	CREW	ACTIVITY
06:00-06:10	ISS-15, SFPVC	Morning Inspection
06:00-06:20	CDR-16	Nutrition: urine collection
06:00-06:20	FE-1-16	SONOCARD. Experiment (termination)
06:10-06:40	CDR, FE-1, SFPVC	Post-sleep
06:10-06:30	FE-2	Post-sleep
06:20-06:30	CDR-16	Nutrition: urine sample 1 insertion in MELFI
06:20-06:50	FE-1-16	Post-sleep
06:30-06:45	FE-2	Nutrition: blood sample collection for analysis, CDR is operator
06:30-06:50	CDR-16	NUTR/REP - blood draw
06:40-07:30	CDR,FE-1, SFPVC	BREAKFAST
06:45-06:55	FE-2	Post-sleep
06:50-07:00	CDR-16	Nutrition: setting up and loading refrigerator centrifuge
06:50-07:40	FE-1-16	BREAKFAST
06:55-07:45	FE-2	BREAKFAST
07:00-07:10	CDR-16	Nutrition: refrigerator centrifuge config
07:10-07:40	CDR-16	Post-sleep
07:30-08:05	CDR, FE-1, SFPVC	Prep for Work
07:40-08:00	CDR-16	Nutrition: blood sample insertion in MELFI
07:40-08:05	FE-1-16	SONOCARD. Copy data on RSE-MED Laptop
07:45-08:05	FE-2	Prep for Work
08:05-08:20	ISS-15, CDR-16, FE-1-16	Daily Planning Conference (S-band)
08:20-08:30	FE-2	O2 level check
08:20-08:40	CDR-16	Nutrition: urine collection
08:20-08:40	FE-1-16	Prep for Work
08:20-09:15	CDR	Stow Hardware for disposal in Soyuz
08:20-09:00	FE-1	SAMPLE-Culture sampling
08:40-08:45	CDR-16	Nutrition: urine sample insertion in MELFI
08:40-09:10	FE-1-16	PGB (Portable Glove-Box). Teardown and stowage ФГБ1ПГО_4_424_1
08:55-09:10	FE-2	Questionnaire - log entry
09:00-09:10	CDR-16	Nutrition: cleaning refrigerated centrifuge and equipment stow
09:10-09:20	FE-1-16	CONJUGATION. Replace cold packs in Biocont-T
09:10-10:10	FE-1	Dismantling ЛКТ (TA251МБ) and ROM in the Soyuz 220 Orbital Module. Report to MCC or update stowage location in IMS)
09:10-10:10	FE-2	Physical Exercise (TVIS)
09:10-10:00	CDR-16	BREAKFAST
09:20-10:10	FE-1-16, CDR	E15 to E16 Crew Handover

09:30-09:40	SFPVC	Tagup with Consultant Team via VHF1
10:10-11:10	FE-2, CDR-16, FE-1-16	EVA timeline review
10:10-11:40	FE-1, CDR (ном)	LBNP Exercise (FINAL) <i>Tagup with specialists (VHF) To=11:02</i>
11:10-11:40	FE-2, CDR-16, FE-1-16	EVA timeline conference (<i>S-band</i>)
11:20-12:20	SFPVC	Photo/video ops
11:40-13:10	FE-2	Physical Exercise (RED)
11:40-11:50	FE-1-16	KUBIK1. Setup and copy data
11:40-13:10	CDR, FE-1 (ном)	LBNP Exercise (FINAL) <i>Tagup with specialists (VHF, S-band)</i>
11:45-12:05	CDR-16	Nutrition: urine collection
11:50-12:20	FE-1-16	Photo/Video Ops Assistance
12:05-12:10	CDR-16	Nutrition: urine sample insertion in MELFI
12:25-12:50	FE-1-16, SFPVC	VC TV reporting (To= 12:21, T1, T2, T3 - from Automated Daily Timeline [СПП])
12:30-12:35	CDR-16	Connect DCP power cable
13:00-13:10	FE-1-16	KUBIK1. Switch data cable
13:10-14:10		LUNCH
14:10-15:55	FE-1	Stow return equipment in Soyuz
14:10-14:25	CDR	ИПД air sampling for ammonia in SM
14:10-14:40	FE-1-16	E15 /E16 Crew Handover
14:10-15:10	FE-2, CDR-16	ROBO ops review for 10A
14:25-14:40	CDR	SM air sampling using AK-1M sampler
14:40-14:50	FE-1-16	MO-22. Sanitary-epidemiological status check
14:50-15:00		KUBIK1. Data copy close-out ops and thermostat deactivation
14:40-15:30	CDR	MO-22. Sanitary-epidemiological status check
15:10-15:25	FE-1-16	LAKTOLEN, ARIL, ОЧБ. Transfer of Bioecology kit M/N 18, 6-1 to Soyuz
15:10-15:50	FE-2	COЖ maintenance
15:30-15:45	CDR	BIOTREK. Dismantle and transfer container to Soyuz
15:35-15:50	FE-1-16	Tagup w/specialists regarding Shuttle (R-Bar Pitch) maneuver photo/video (<i>S-band</i>)
15:45-16:05	CDR	ANTIGEN. Dismantle Containers #13 and #16 and transfer to Soyuz
15:45-15:55	SFPVC	Tagup with Consultant Team via VHF1
15:50-16:20	FE-2, FE-1-16	Skills training for the Shuttle R-Bar Pitch Maneuver
15:50-16:10	CDR-16	IMS Update
15:55-16:25	FE-1	Physical Exercise (TVIS), Day 1
16:10-16:30	CDR-16	Nutrition: urine collection
16:20-17:20	FE-2	CCISS - equipment installation
16:20-16:25	FE-1-16	Downlink images obtained during RPM OBT
16:25-16:55	CDR, FE-1, FE-1-16	Signing ISS RS Handover Protocol
16:30-16:35	CDR-16	Nutrition: urine sample insertion in MELFI
16:35-17:35	CDR-16	Physical Exercise (RED)

16:55-18:00	FE-1	Stow return equipment in Soyuz
16:55-17:35	CDR, FE-1-16	E15 /E16 Crew handover
17:20-17:25	FE-2	OCA SSC router reboot
17:25-17:30	FE-2	SSC file server reboot
17:35-18:05	FE-2, CDR-16	10A ROBO ops tagup (<i>S-band</i>)
17:35-18:15	FE-1-16	SAMPLE. Collect samples from E16 FE-1 (session 2) and insert into MELFI
17:45-18:15	CDR	Physical Exercise (TVIS), Day 1
18:05-18:15	FE-2	PAO hardware setup
18:10-18:15	CDR-16	Transfer TVIS/RED/CEVIS/HRM data to MEC
18:10-18:15	SFPVC	MUSCLE-M (LOW BACK PAIN) -Lower Back Pain Questionnaire
18:15-18:35		Change of Command Ceremony (<i>Ku + S-band</i>)
18:35-19:05	FE-2, CDR-16, SFPVC, FE-1	Evening work prep
18:35-18:50	CDR	Verify ИП-1 sensor installation
18:35-18:45	FE-1-16	CONJUGATION. Replace cold packs in Biocont-T
18:45-19:05	FE-1-16	Evening work prep
18:50-19:05	CDR	Evening work prep
19:05-19:20	ISS-15, CDR-16, FE-1-16	Daily Planning Conference (<i>S-band</i>)
19:20-19:30	ISS-15, CDR-16, FE-1-16	Evening work prep
19:30-19:45	FE-2	Crew Discretionary Conference (<i>Ku +S-band</i>)
19:30-20:00	CDR, FE-1, CDR-16, FE-1-16, SFPVC	Daily Food Prep
19:45-20:00	FE-2	Daily Food Prep
20:00-20:30		DINNER
20:30-21:30		Pre-sleep
21:30-07:30		SLEEP
Task List	FE-1	On MCC Go ISS O2 repress from Progress 361 CpПK

Note: See OSTP for references to US activities.

End of Radiogram