

Radiogram No. 8909u

Form 24 for 10/25/08

**CREW OFF DUTY**

GMT	CREW	ACTIVITY
06:00-06:10	FE-1, FE-2	Morning Inspection
06:00-06:20	CDR	Nutrition and Repository - urine sample collection
06:10-06:40	FE-1	Post-sleep
06:10-06:30	FE-2	
06:20-06:30	CDR	Nutrition and Repository - insertion of first urine samples into MELFI
06:30-06:45	FE-2	Nutrition and Repository - blood sampling operator
06:30-06:50	CDR	Nutrition and Repository - blood samples
06:40-07:30	FE-1	BREAKFAST
06:45-07:30	FE-2	
06:50-07:00	CDR	Nutrition and Repository - Refrigerated Centrifuge Setup
07:00-07:10		Nutrition and Repository - Refrigerated Centrifuge Config
07:10-07:20		Morning Inspection
07:20-07:40		Post-sleep
07:40-08:00		Nutrition and Repository - MELFI Blood Sample Insertion
07:50-08:05	FE-2	Post-sleep
08:00-08:10	CDR	Nutrition and Repository - Stow Blood Sample Collection and Processing Hardware
08:10-08:20		Post-sleep
08:20-09:10		BREAKFAST
09:45-11:15		Physical Exercise (TVIS)
10:30-12:00	FE-2	Physical Exercise (RED)
11:15-11:35	CDR	Nutrition and Repository - urine sample collection
11:30-13:00	FE-1	Physical Exercise (TVIS) day 1
11:35-11:40	CDR	Nutrition and Repository - urine sample MELFI insertion
12:00-13:00	FE-2	Physical Exercise (CEVIS)
13:00-14:00		LUNCH
14:00-14:30		Weekly Planning Conference ( <i>S-band</i> )
14:30-14:45	FE-2	Food frequency questionnaire
14:30-14:50	CDR	Nutrition and Repository - urine sample collection
14:50-14:55		Nutrition and Repository - urine sample MELFI insertion
15:30-15:50		EPO (PL) demonstration - procedure review
15:50-16:05		Educational Payload Ops (EPO): camcorder set up
16:05-16:30	CDR, FE-2	Education Payload Operations Demonstration ( <i>Ku + S-band</i> )
16:30-16:40	CDR	Hardware stow after EPO
17:00-17:15		Private Psychological Conference ( <i>Ku + S-band</i> )
17:15-18:45		Physical Exercise (RED)
17:15-17:30	FE-2	Private Psychological Conference ( <i>Ku + S-band</i> )
17:50-18:30	FE-1	COX Maintenance
18:30-19:30		Physical Exercise (VELO + RED), Day 1

19:05-19:25	CDR	Nutrition and Repository - urine sample collection
19:25-19:30	FE-2	Transfer TVIS/RED/HRM data to MEC
	CDR	Nutrition and Repository - urine sample MELFI insertion
19:30-21:25	FE-2	Pre-sleep (Dinner, Daily Food Prep, Evening Toilet)
19:30-21:30	CDR, FE-1	
21:25-21:30	FE-2	Questionnaire - journal entry
21:30-06:00		SLEEP
<b>Task List</b>	FE-1	ISS RS Laptop Computer Cable / Power Supply Audit

**Notes:**

1. SM Window #9 shutter opening is at crew discretion with **Report to MCC**
2. See OSTP for references to US activities.

End of Radiogram