

Radiogram No. 1341u

Form 24 for 10/09/2009

LBNP EXERCISE. HANDOVER TO E21 CREW

GMT	CREW	ACTIVITY
06:00-06:10	CDR, FE-3, SFP VC	Morning Inspection
06:00-06:10	FE-1-21	SONOCARD. Experiment Termination
06:10-06:40	CDR, FE-3, FE-1-21, SFP VC	Post-sleep
06:10-06:15	FE-1, FE-5-21	SLEEP Data Log Entry
06:15-06:55	FE-1, FE-5-21	Post-sleep
06:40-07:30	CDR, FE-3, FE-1-21, SFP VC	BREAKFAST
06:55-07:45	FE-1, FE-5-21	BREAKFAST
07:30-07:45	FE-1-21	SONOCARD. RSE-MED Laptop Data Download
07:30-07:45	FE-3	Work Prep
07:30-08:00	SFP VC	Work Prep
07:45-08:10	CDR, FE-1, FE-3, FE-1-21, FE-5-21	Daily Planning Conference (<i>S-band</i>)
08:10-08:30	FE-1-21, FE-5-21	Work Prep
08:15-08:30	CDR, FE-3	Signing ISS RS Handover Protocol
08:15-08:25	FE-1	AmiA Temperature Equalization
08:30-08:45	CDR, FE-1, FE-3, FE-1-21, FE-5-21	ISS Crew and FOFY (RSA Flight Control Team Management) Weekly Conference (<i>S-band</i>)
08:45-09:45	CDR, FE-1	Descent Procedure Tagup (<i>S-band</i>)
08:45-08:50	FE-3	PLANTS-2 Payload Status Check
08:45-09:00	FE-1-21	CMS and ARED Introduction
08:45-09:45	FE-5-21	Physical Exercise (TVIS)
09:00-09:10	FE-3, FE-1-21	BAR. End of Kelvin Charging, Start of TTM Charging
09:10-09:40	FE-3, FE-1-21	Telemetry Reception and Recording System [СПР ТМН] SW Update
09:40-11:30	FE-3, FE-1-21	E20 / E21 Crew Handover
09:35-09:45	SFP VC	Tagup with Support Team via VHF1
09:45-10:05	FE-5-21	Integrate Immune Blood Sample Draw
09:45-11:30	CDR	Stowage of Return Equipment in Soyuz
10:00-11:00	FE-1	Physical Exercise (TVIS)
10:05-10:15	FE-5-21	Water Recovery System (WRS) Urine Pretreat Assembly (UPA) Fill
11:10-11:20	SFP VC	Tagup with Support Team via VHF1
11:20-13:00	FE-1, FE-5-21	E20 / E21 Crew Handover
11:30-13:00	CDR, FE-3 (assists)	LBNP Exercise (FINAL) (<i>S-band</i>)
11:50-12:50	FE-1-21	ARED Exercise (Introduction)
12:50-13:00	FE-1-21	BAR. TerminateTTM-2 charge / <i>r/g 1367</i>
13:00-14:00		LUNCH

14:00-18:00		SLEEP
Task List	SFP VC	Earth Photography and Photo Copy to Return HD

GMT	CREW	ACTIVITY
18:00-18:30		Personal Hygiene
18:30-19:00		Meal
19:00-19:15		Change of Command Ceremony (<i>Ku + S-band</i>)
19:15-19:55	CDR	Sanitary-Hygiene Status Monitoring
19:20-19:40	FE-1	Integrate Immune Blood Sample Draw by Operator
19:30-19:40	FE-1-21	Sanitary-Hygiene Status Monitoring
19:30-19:40	FE-5-21	Battery Stowage Assembly (BSA) Battery Recharge Terminate
19:40-20:00	FE-1	Integrate Immune Blood Sample Draw
19:40-20:00	FE-5-21	Start BSA Battery Charge
19:45-21:30	FE-3	Stow Disposal Hardware in Soyuz
19:50-20:30	FE-1-21	COX maintenance
20:00-21:30	FE-1	Physical Exercise (ARED)
20:10-20:20	SFP VC	CG. Relocation of SFP-ICG Container from SM to Soyuz for Return
20:20-23:35	CDR	Stowage of Return Equipment in Soyuz
20:30-22:50	FE-1-21	Cleaning Ventilation Screens on FGB Interior Panels
21:30-22:30	FE-3	Physical Exercise (ARED) Day 4
21:30-21:45	FE-1	Food Frequency Questionnaire
21:35-21:45	SFP VC	Tagup with Support Team via VHF1
21:45-23:45	FE-1, FE-5-21	E20 / E21 Crew Handover
21:45-22:00	SFP VC	IP-Phone Private Conference
22:00-22:15	SFP VC	E-mail Ops
22:30-23:30	FE-3	Physical Exercise (TVIS) Day 4
23:10-23:20	SFP VC	Tagup with Support Team via VHF1
23:30-00:00	FE-3	Post-Exercise Hygiene Procedure
23:30-23:45	FE-1-21	Verify ИП-1 Flow Meter Configuration
23:35-00:35	CDR	Physical Exercise (TVIS)
23:45-00:35	FE-1-21	Evening Work Prep
00:00-00:20	FE-3	IMS Update
00:05-00:30	FE-1	Evening Work Prep
00:05-00:35	FE-5-21	
00:10-01:10	SFP VC	
00:20-00:35	FE-3	
00:30-00:35	FE-1	Transfer TVIS, CEVIS, and HRM data to MEC
00:35-00:45	CDR, FE-1, FE-3, FE-1-21, FE-5-21	Pre-sleep
00:45-01:10	CDR, FE-1, FE-3,	Daily Planning Conference (<i>S-band</i>)

	FE-1-21, FE-5-21	
01:10-01:25	FE-1	Private Family Conference (Ku + S-band)
01:10-03:00	CDR, SFP VC, FE-3, FE-1-21, FE-5-21	Pre-sleep
01:25-03:00	FE-1	
03:00-13:00		SLEEP

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: dinner, daily food prep, evening toilet

End of Radiogram