## Form 24 for 05/21/2012

## **Crew Health Monitoring**

GMT	CREW	ACTIVITY
06:00-06:10	CDR	Morning Inspection. SM ΠCC [Caution & Warning Panel] Test
06:00-06:10	FE-1	Morning Inspection. Inspection of CM-Y connector on MHP-HC separator pump behind ACY panel 139.
06:00-06:10	<b>FE-2</b> ,FE-3, FE-5,FE-6	Morning Inspection
06:10-06:20	FE-1	Post-sleep
06:10-06:15	FE-2	Post-sleep
06:10-06:20	CDR	MO-8 Setup
06:10-06:40	FE-6	Post-sleep
06:10-06:35	FE-5	Post-sleep
06:10-06:30	FE-3	Post-sleep
06:15-06:25	FE-2	Calf Volume Measurement
06:20-06:35	CDR	Post-sleep
06:20-06:25	FE-1	Dady Mass Massymptosis
06:25-06:30	FE-2	Body Mass Measurement
06:25-06:35	FE-1	Calf Volume Measurement
06:30-06:50	FE-2	Post-sleep
06:30-06:35	FE-3	Body Mass Measurement
06:35-06:45	CDR	Calf Volume Measurement
06:35-06:50	FE-1	Post-sleep
06:35-07:30	FE-3	BREAKFAST
06:35-06:40	FE-5	Dady Mass Massympasset
06:40-06:45	FE-6	Body Mass Measurement
06:40-07:30	FE-5	BREAKFAST
06:45-07:30	FE-6	BREAKFAST
06:45-06:50	CDR	Body Mass Measurement
06:50-07:30	FE-1,FE-2	BREAKFAST
06:50-07:00	CDR	MO-8. Cleanup
07:00-07:10	CDR	Post-sleep
07:10-07:40	CDR	BREAKFAST
07:30-07:50	<b>FE-1,FE-2</b> , FE-3,FE-5,FE-6	Work Prep
07:40-07:50	CDR	Work Prep
07:50-08:15		Daily Planning Conference (S-band)
08:15-08:45	FE-3	ICV Overview
08:15-08:25	FE-5	Fluid Physics Experiment Facility (FPEF) Cover Removal
08:15-08:25	FE-6	WRS Water Sample Analysis
08:20-09:20	CDR,FE-1,FE-2	Handover
08:25-09:20	FE-5	Fluid Physics Experiment Facility (FPEF) Cover Installatoin
08:35-10:05	FE-6	Physical Exercise (ARED)
08:45-09:00	FE-3	ICV Overview
09:05-10:05	FE-3	ICV Monitoring Prep
09:20-09:30	FE-5	Fluid Physics Experiment Facility (FPEF) Cover Installatoin

09:20-10:20	CDR,FE-2	MATRYOSHKA-R. BUBBLE-dosimeter initialization and setup for exposure Tagup with specialists (as necessary)
09:20-10:50	FE-1	Physical Exercise (TVIS) - Introduction
09:30-09:50	FE-5	Gradient Heating Furnace (GHF) Oscilloscope Preparation
09:50-10:05	FE-5	DOSIS 3D Equipment Transfer
10:05-11:35	FE-3	Physical Exercise (ARED)
10:05-10:50	FE-5	DOSIS 3D Hardware Installation
10:20-10:50	CDR	Auxiliary Laptop Anti-Virus Update
10:20-10:50	FE-2	Auxiliary Laptop Computer System Virus Definition File Update (Handover) r/g 8676
10:50-11:30	CDR	СОЖ Maintenance
11:00-12:00	FE-6	Retrieval of the Ethernet Repair Kit from the Russian segment
11:00-13:00	FE-2	
11:00-12:00	FE-1	Soyuz 705 Transfers and IMS Ops
11:00-11:15	FE-5	Private Medical Conference
11:15-11:35	FE-5	GHF Oscilloscope Setup
11:30-12:45	CDR	Physical Exercise (TVIS), Day 3
11:35-12:50	FE-3	ICV Monitoring Start
11:50-12:00	FE-5	ICV Start Operator Assistance
12:00-13:00	FE-1	Crew time for ISS adaptation and orientation
12:00-13:00	FE-6	Modification of MARES WS2 Common Ethernet Cable
12:00-12:15	FE-5	GHF Oscilloscope Probe Calibration
12:15-12:25	FE-5	ICV Start Operator Assistance
12:25-13:00	FE-5	GHF Oscilloscope Trigger Start
13:00-14:00		LUNCH
14:00-14:15	FE-3	ICV - 10-Minute Resting Event
14:00-14:25	FE-2	Crew Medical Officer (CMO) Proficiency Training
14:00-14:10	FE-1	Soyuz 705 Gas Analyzer Deactivation
14:00-14:10	CDR	Soyuz 703 Gas Analyzer Deactivation
14:00-14:10	FE-6	TOCA 2 Data Recording
14:05-15:45	FE-5	Image Processing Unit (IPU) Upstream Check
14:10-14:25	CDR	MATRYOSHKA-R. Phantom transfer and deployment at the exposure location. <i>Tagup with specialists (as necessary)</i>
14:10-15:40	FE-1	CONSTANTA. Preparation and Execution 1. Tagup with specialists (Sband)
14:10-16:05	FE-6	Unpacking cargo delivered by 30S
14:25-16:25	CDR	MATRYOSHKA-R. Phantom transfer and deployment at the exposure location. <i>Tagup with specialists (as necessary)</i>
14:30-14:45	FE-3	Private Medical Conference
14:40-14:55	FE-2	CONSTANTA Experiment Photos
14:45-15:45	FE-3	Unpacking cargo delivered by 30S
15:40-16:10	FE-1	Removing two KJI-152M TV cameras and light units from Soyuz 705 CA Transfer two KJI-152M TV cameras to Soyuz 703 EO for return to the ground. Report TV camera S/N's to the ground. Prepare the two light units for disposal. Report to MCC the S/N's and stowage locations
15:40-16:40	FE-2	Crew time for ISS adaptation and orientation
15:45-15:50	FE-5	G1 Closeout Ops

15:45-16:00	FE-3	Integrated Cardiovascular 3-Hour Makita Battery Swap
15:50-17:20	FE-5	Physical Exercise (ARED)
16:00-17:00	FE-3	Physical Exercise (CEVIS)
16:05-16:20	FE-6	Private Medical Conference
16:10-16:30	FE-1	Photography of scuff marks left by TK(TKF) docking probes on MRM2 ACI cone after TK 705 docking
16:20-16:35	FE-6	Journal Entry
16:25-16:35	CDR	MATRYOSHKA-R P/L Deployment Locations Photography
16:30-16:50	FE-1	Downlink MRM2 ACП docking cone surface photos/data via РСПИ
16:35-16:55	FE-6	Treadmill Kinematics Exercise Preparation
16:40-18:10	FE-2	Physical Exercise (VELO) -Introduction
16:45-17:00	CDR	Private Medical Conference (S + Ku-band)
16:55-17:50	FE-6	Physical Exercise T 2
17:00-17:05	FE-3	Space Headaches - Daily Questionnaire
17:05-17:25	FE-3	Journal Entry
17:10-18:25	CDR	Physical Exercise (ARED)
17:20-18:20	FE-5	Physical Exercise (CEVIS)
17:25-18:25	FE-3	Crew time for ISS adaptation and orientation
17:40-18:00	FE-1	IMS Update
17:50-17:55	FE-6	Shutting down software to transfer data
17:55-18:05	FE-6	Treadmill exercise video recording termination and hardware stow
18:00-18:30	FE-1	Evening Work Prep
18:05-18:20	FE-6	UPA Fill
18:10-18:25	FE-2	Private Medical Conference (S + Ku-band)
18:20-18:50	FE-5	VIABLE Bag Inspection
18:20-18:30	FE-6	ISSAC Laptop Power Up
18:25-18:35	FE-3	Integrated Cardiovascular 3-Hour Makita Battery Swap
18:25-19:10	CDR,FE-2	Evening Work Prep
18:30-18:45	FE-1	Private Medical Conference (S + Ku-band)
18:30-18:55	FE-6	
		Evening Work Prep
18:40-19:10	FE-3	Evening Work Prep
18:45-19:10	FE-1	Evening Work Prep
18:55-19:10 18:55-19:05	FE-5	Evening Work Prep
	FE-6	Vascular Blood Collection Hardware Setup
19:05-19:10	FE-6	Display Power down
19:10-19:35	FE 4 FE 5	Daily Planning Conference (S-band)
19:35-21:30	FE-1,FE-5	Pre-sleep
19:35-21:20	CDR,FE-2	Pre-sleep
19:35-19:40	FE-6	P/TV Playback Start
19:35-21:25	FE-3	Pre-sleep
19:40-21:25	FE-6	Pre-sleep
21:20-21:30	CDR	SONOCARD Setup Photography
21:20-21:30	FE-2	SONOCARD Experiment Start
21:25-21:30	FE-3	Integrated Cardiovascular 3-Hour Makita Battery Swap
21:25-21:30	FE-6	P/TV Playback Stop
21:30-06:00		SLEEP

ist CDR,FE-1,FE-2 Preparation of reports for Roskosmos site	List CDR,FE-1,FE-	Ta
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## Notes:

- SM Window #9 shutter opening is at crew discretion w/ Report to MCC
   See OSTP for references to US activities

- 2. See Con Tol references to Co activities
  3. Pre-sleep ops: daily food prep, dinner, pre-sleep
  4. No T2 Exercises at 05:50-06:00, 07:00-07:15, 11:10-11:25
  End of Radiogram