

Radiogram No. 4700nu

Form 24 for 11/24/2010 **Updated****ISS REBOOST USING 8 PROGRESS 407 (AO) APPROACH & ATTITUDE CONTROL (ДПО) THRUSTERS**

GMT	CREW	ACTIVITY
06:00-06:05	CDR,FE-6	Integrated Immune - Dry Saliva Sample Collection
06:00-06:10	FE-2	SONOCARD Experiment Termination
06:00-06:05	FE-3	SLEEP Data Log Entry
06:00-06:10	FE-5	Morning Inspection
06:00-06:05	FE-1	Elektron-VM Aerosol Filter Inspection
06:05-06:20	CDR,FE-6	MYCO Sample Collection
06:05-06:10	FE-1	Morning Inspection
06:05-06:25	FE-3	Urine Sample Collection
06:10-06:40	FE-1,FE-2,FE-5	Post-sleep
06:20-06:25	CDR,FE-6	SLEEP Data Log Entry
06:25-06:50	CDR	Post-sleep
06:25-06:35	FE-3	HRF Urine Sample MELFI Insertion
06:25-06:35	FE-6	MELFI Activation
06:35-06:50	FE-6	Post-sleep
06:40-06:50	FE-3	HRF Refrigerated Centrifuge Setup
06:40-07:30	FE-1,FE-2,FE-5	BREAKFAST
06:50-07:30	CDR	BREAKFAST
06:50-07:10	FE-3	HRF Blood Draw
06:50-07:05	FE-6	HRF Blood Draw Operator
07:05-07:20	FE-6	Post-sleep
07:10-07:20	FE-3	Post-sleep
07:20-07:30	FE-3	HRF Refrigerated Centrifuge Configure
07:20-07:30	FE-6	EHS Sampling Start
07:30-07:55	.	Daily Planning Conference (<i>S-band</i>)
07:55-08:30	FE-6	BREAKFAST
07:55-08:10	FE-2	SONOCARD Data Copy to RSE-MED Laptop and Data Downlink Using OCA
07:55-08:25	CDR, FE-1	Work Prep
07:55-08:20	FE-5	Work Prep
08:00-08:05	FE-3	HRF Refrigerated Centrifuge Configuration
08:05-08:15	FE-3	Nutrition and Repository Blood Sample Insertion into MELFI
08:15-08:30	FE-2	SM Air Sampling For Freon Using AK-1M Sampler
08:15-08:30	FE-3	HRF Blood Collection Hardware Stowage
08:25-08:55	FE-1	Replacement of urine receptacle [МП] and filter-insert [Φ-B] in the toilet [ACY]. <i>Install МП #0890233 (B/C 00049423R, CM1PO_1_134_1, мешок 00050781R) and Φ-B #906157 (B/C 00050320R, CM1PO_1_138_1, cover S/N 0570069). Pre-pack the removed МП and Φ-B for disposal. Update IMS</i>
08:30-09:30	FE-3	BREAKFAST
08:30-08:55	FE-2	Collecting air samples with AK-1M sampler in FGB and MRM-1
08:30-08:50	FE-6	Grab Sample Container (GSC) Ops
08:45-08:55	FE-5	CTTC comm system switchover to the primary string
08:50-09:15	FE-6	BREAKFAST
08:55-10:25	FE-5 FE-1 assists	LBNP Exercise (FINAL)
08:55-09:10	FE-2	ИПД air sampling for CO in SM
09:10-09:25	FE-2	Sampling SM air for ammonia using ИПД sampler

09:35-11:05	FE-3	Physical Exercise (ARED)
09:40-09:55	CDR	Integrate Immune -Configure Blood Sample Collection Hardware
10:10-10:20	FE-6	T2 Treadmill Monthly Inspection
10:15-11:15	CDR	Crew Departure Prep
10:20-10:30	FE-6	T2 Snubber Arm Inspection
10:25-11:40	FE-1	PNEUMOCARD. Experiment Ops. <i>Tagup with specialists (S-band)</i>
10:25-11:25	FE-5	Dismantling ЛКТ (TA251МБ) and ROM from Soyuz 229 Orbital Module. <i>Dismantle ЛКТ #1419532185 and ПЗУ #1419531907, stow in bag 353-8 (B/C 00037141R, CM1PO_3_314_1). Update IMS</i>
10:30-11:30	FE-6	Physical Exercise T 2
11:05-12:05	FE-3	Physical Exercise (CEVIS)
11:15-11:20	CDR	ISS HAM Radio Setup in Service Module
11:20-11:35	CDR	ISS HAM Radio Session From SM
11:30-13:00	FE-6	Physical Exercise (ARED)
11:35-12:35	FE-5	Crew Departure Prep
11:40-13:10	FE-1	Physical Exercise (TVIS), Day 2
12:05-12:25	FE-3	Urine Sample Collection
12:25-12:30	FE-3	HRF Urine Sample Insertion into MELFI
12:30-13:00	FE-3	WRS. Water Filled Container Count
12:40-13:40	FE-5	Physical Exercise (TVIS), Day 1
12:50-13:00	FE-2	КОБ2 4ГБ4 Half-Coupling Shell Coolant Leak Check
12:55-13:00	CDR	WHC Configuration to UPA
13:00-14:00	CDR,FE-3	Handover
13:00-13:05	FE-6	EHS Sampling Termination
13:00-14:00	FE-2	Physical Exercise (ARED)
13:40-13:55	FE-1,FE-5	Signing ISS RS Handover Protocol
13:45-14:00	FE-6	Crew Discretionary Conference
13:55-14:00	FE-1	On MCC Go ISS O2 repress from Progress 408 CpГК (start)
14:00-15:00	.	LUNCH
15:00-15:20	FE-2	BIORISK tray transfer from SM to Soyuz 229 for return
15:00-15:30	CDR	Sphinx ECs Transfer
15:00-15:40	FE-5	Microbial Sample Collection (Kit 2 Sampling)
15:00-15:05	FE-1	ISS O2 repress from Progress 408 CpГК (terminate)
15:00-16:00	FE-6	Crew Departure Prep
15:00-15:10	FE-3	CWC Audit
15:05-15:35	FE-1	MATRYOSHKA-R. Removing ИД-3МКС Assemblies from Protective Curtain PL
15:20-15:40	FE-2	GINSENG-2. Transfer the container from MRM2 to Soyuz 229 for return
15:30-15:40	CDR	EDR-SPHINX Transfer
15:40-15:50	FE-1	Kit photography during handover from USOS
15:40-15:45	CDR	EDR-KUBIK Drying
15:40-15:55	FE-2	SPHINX Kit Acceptance, Inspection, and Return Loading
15:50-17:00	FE-1	Sanitary & Epidemiological Status Monitoring
15:55-19:55	FE-5	Stow return equipment in Soyuz 229
15:55-16:35	FE-2	STRUCTURE deactivation and transfer from SM to Soyuz 229
16:05-16:20	FE-3,FE-6	IMS Tagup (S-band)
16:20-16:25	FE-6	CGBA 5 Bioprocessor Status Check
16:20-16:50	FE-3	WRS. Water Filled Container Count
16:35-17:15	FE-2	Filling EDV [KOB] for Elektron-VM (<i>from EDV on ПП or Progress 408 ББ1.</i>)

		Report to MCC.)
17:05-18:05	CDR	Physical Exercise T 2
17:15-17:55	FE-2	COX Maintenance
17:50-18:20	FE-1	INTERACTION Experiment Ops
17:55-19:25	FE-2	Physical Exercise (TVIS), Day 2
18:05-19:35	CDR	Physical Exercise (ARED)
18:35-18:55	FE-3	Urine Sample Collection
18:50-19:10	FE-1	IMS Update
18:55-19:00	FE-3	HRF Urine Sample Insertion into MELFI
19:10-20:10	FE-1	Physical Exercise (VELO), Day 2
19:15-19:25	FE-6	P/L Activation
19:25-19:35	FE-6	USOS Window Shutter Close
19:35-19:55	FE-6	Integrated Immune Blood Sample Draw by Operator
19:35-19:55	CDR	Integrated Immune Blood Sample Draw
19:45-19:55	FE-2	IZGIB -DAKON. Hardware Activation
19:55-20:15	FE-6	Integrated Immune Blood Sample Draw
19:55-20:15	CDR	Integrated Immune Blood Sample Draw by Operator
20:00-20:40	FE-2,FE-5,FE-3	Evening Work Prep
20:10-20:15	FE-1	Elektron-VM Aerosol Filter Inspection
20:15-20:40	FE-1,FE-6	Evening Work Prep
20:15-20:35	CDR	Evening Work Prep
20:35-20:40	CDR	PAO Hardware Setup
20:40-21:00	.	Daily Planning Conference (<i>S-band</i>). Soyuz 229 Loading Status Report
21:00-21:20	.	Change of Command Ceremony
21:20-22:05	FE-6	Pre-sleep
21:20-21:25	CDR	Evening Work Prep
21:20-21:40	FE-3	Pre-sleep
21:20-23:20	FE-1	Pre-sleep
21:20-21:30	FE-2,FE-5	Evening Work Prep
21:25-21:30	CDR	PAO Hardware Deactivation
21:30-23:30	CDR, FE-2,FE-5	Pre-sleep
21:40-22:10	FE-3	Crew conference with MCC-H to review ULF5 operations
22:05-22:10	FE-6	MPC Power Up
22:10-23:30	FE-3	Pre-sleep
22:10-23:25	FE-6	Pre-sleep
22:15-22:30	FE-6	Private Family Conference (<i>Ku+S-band</i>)
23:20-23:30	FE-1	SONOCARD Experiment Start
23:25-23:30	FE-6	MPC Power Down
23:30-14:00	.	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 ops: dinner, daily food prep, evening toilet
- End of Radiogram