

Radiogram No. 4964u

Form 24 for 12/27/2010

TV DOWNLINKS. STOWING DISPOSAL HARDWARE ON PROGRESS 408.

GMT	CREW	ACTIVITY
06:00-06:10	FE-1	Morning Inspection
	FE-2	Morning Inspection <i>Inspection of CM-Y connector on MHP-HC separator pump behind ACY panel 139</i>
06:00-06:05	CDR,FE-6	BISP Pill Ingestion
	FE-4	Elektron-VM Aerosol Filter Inspection
	FE-5	PROK- PH Urine Test
06:05-06:10	CDR,FE-4,FE-5	Morning Inspection
06:05-06:25	FE-6	HRF Urine Sample Collection Subject
06:10-06:25	FE-5	Post-sleep
06:10-06:45	CDR	
06:10-06:40	FE-1,FE-2,FE-4	
06:25-06:30	FE-5	Nutrition Historical Documentation (HISD) Photography
	FE-6	HRF Urine Sample Insertion into MELFI
06:30-06:40	FE-5	Post-sleep
06:35-06:45	FE-6	HRF Refrigerated Centrifuge Setup
06:40-06:55	FE-5	BREAKFAST
06:40-07:30	FE-1,FE-2,FE-4	BREAKFAST
06:45-07:05	FE-6	HRF Blood Sample Draw Subject
06:45-07:00	CDR	HRF Blood Draw Operator
06:55-07:00	FE-5	Nutrition Historical Documentation (HISD) Photography
07:00-07:30	CDR,FE-5	Post-sleep
07:05-07:15	FE-6	Morning Inspection
07:15-07:25		HRF Refrigerated Centrifuge Configure
07:30-07:55		Daily Planning Conference (S-band)
07:55-08:00	FE-1	Work Prep
	FE-6	HRF Refrigerated Centrifuge Spin Terminate
07:55-08:55	FE-4	Crew time for ISS adaptation and orientation
07:55-08:15	CDR	Work Prep
07:55-09:10	FE-2	PNEUMOCARD Experiment
08:00-08:05	FE-5	Nutrition Historical Documentation (HISD) Photography
08:00-08:10	FE-6	HRF Blood Sample Insertion into MELFI
	FE-1	BAR Terminate Kelvin Charging
08:05-08:35	FE-5	Work Prep
08:10-09:10	FE-1	BAR. Device Health Check. <i>Tagup with specialists (S-band)</i>
08:10-08:30	FE-6	Post-sleep
08:20-08:40	CDR	BCAT5 Camera Check Without SSC
08:30-09:10	FE-6	BREAKFAST
08:35-08:50	FE-5	BREAKFAST

08:40-09:10	CDR	On-orbit Hearing Assessment using EARQ
09:00-09:10	FE-4	USOS Hardware Setup for TV Downlink Using <i>Ku+S-band</i>
	FE-5	EHS GC/DMS Ops Start
09:10-09:20		Crew Prep For PAO
09:20-09:40		TV PAO With the Head of Roskosmos and Russian Father Frost (<i>Ku+S-band</i>)
09:40-10:00	FE-2	On-orbit Hearing Assessment using EARQ
09:40-09:45	FE-1	BAR. Start Charging Kelvin-video
09:40-10:10	CDR	CCF Onboard Training Review
09:40-10:55	FE-4	PNEUMOCARD Experiment
09:40-11:10	FE-6	Physical Exercise (ARED)
09:45-10:25	FE-1	COЖ Maintenance Inspection of CPB-K2M hoses from MΦ-P up to БРПК separator
09:50-09:55	FE-5	PFE Video Setup
09:55-11:25		Periodic Fitness Evaluation - Nom Ops (subject)
10:25-10:45	FE-1	PNEUMOCARD Photography During the Experiment
10:30-11:00	CDR	Periodic Fitness Evaluation - Nom Ops (assistance)
10:30-10:40	FE-2	Private Medical Conference with Physical Exercise Specialist (<i>S-band</i>)
10:45-10:55	FE-1	
10:55-11:15	FE-1,FE-2,FE-4	TV PAO New Year's Eve Conference (<i>Ku+S-band</i>)
11:00-12:00	CDR	Physical Exercise T 2
11:10-11:30	FE-6	HRF Urine Sample Collection Subject
11:15-11:25	FE-4	Private Medical Conference with Physical Exercise Specialist (<i>S-band</i>)
11:25-11:30	FE-5	Stowage of Equipment Used for PFE Video Shoot
11:30-13:00	FE-2	Physical Exercise (TVIS), Day 3
11:30-11:50	FE-1	On-orbit Hearing Assessment using EARQ
11:30-11:35	FE-6	HRF Urine Sample Insertion Into MELFI
11:30-12:00	FE-4	Crew time for ISS adaptation and orientation
11:35-11:55	FE-6	HRF Urine Collection Hardware Stow
11:50-12:00	FE-5	CSA-CP Battery Changeout
12:00-13:00	FE-4	Physical Exercise (ARED)
	CDR,FE-5,FE-6	Crew Handover
	FE-1	Physical Exercise (VELO), Day 3
13:00-14:00		LUNCH
14:00-14:05	FE-5	PRO K Diet Logging Day 4
14:00-14:10	CDR	Glove Box (MSG) Activation
	FE-6	VCAM Helium Valve Close
14:00-15:00	FE-1	COULOMB CRYSTAL Experiment. <i>Tagup with specialists (S-band)</i>
14:00-14:20	FE-2	ECLIPSE-BEACON [ТЕНЬ-МАЯК] Sequence setup and start
14:00-14:20	FE-4	On-orbit Hearing Assessment using EARQ
14:10-14:20	CDR	CCF Video Camera Setup
14:10-14:15	FE-5	Terminate EHS GC/DMS Ops
14:15-14:45	FE-5,FE-6	Crew Medical Restraint System (CMRS) - Checkout

14:20-16:20	CDR	CCF Hardware Installation
14:20-17:20	FE-2	Stowing disposal hardware in Progress 408 and IMS updates
14:20-15:20	FE-4	
14:45-15:00	FE-5,FE-6	Respiratory Support Pack Checkout
15:00-15:25	FE-1	TV (ISS-MCC) COULOMB CRYSTAL. Preparation and TV Downlink (To=14:56, T1, T2, T3 from Daily Flight Program [СПП])
15:00-15:20	FE-6	On-orbit Hearing Assessment using EARQ
15:20-16:50	FE-5	Physical Exercise (ARED)
15:20-16:20	FE-6	Crew time for ISS adaptation and orientation
15:20-15:50	FE-4	
15:25-16:25	FE-1	Auxiliary Laptop Anti-Virus Update
15:50-17:20	FE-4	Physical Exercise (TVIS), Day 4
16:20-17:20	FE-6	Physical Exercise T 2
16:20-16:35	CDR	Private Medical Conference
16:30-16:55	FE-1	TV (ISS-MCC) COULOMB CRYSTAL. Preparation and TV Downlink (To=16:28, T1, T2, T3 from Daily Flight Program [СПП])
16:50-18:20	CDR	Physical Exercise (ARED)
16:50-17:15	FE-5	On-orbit Hearing Assessment using EARQ
16:55-18:25	FE-1	Physical Exercise (TVIS), Day 3
17:15-17:30	FE-5	Evening Work Prep
17:20-17:50	FE-4	SEINER Ocean Observations
	FE-6	Vessel Imaging Familiarization
17:30-18:30	FE-5	Crew time for ISS adaptation and orientation
17:50-18:10	FE-4	IMS Update
17:50-18:05	FE-6	Private Medical Conference
17:55-18:55	FE-2	Physical Exercise (VELO), Day 3
18:10-18:15	FE-4	Elektron-VM Aerosol Filter Inspection
18:15-18:25		TVIS Weekly Maintenance
18:15-19:05	FE-6	Evening Work Prep
18:20-18:25	CDR	ARED Guide Rail Inspection
18:25-19:05	FE-4	Evening Work Prep
18:25-18:30	FE-1	Hematocrit Hardware Setup
18:30-19:05	FE-1	Evening Work Prep
18:30-18:40	FE-5	CIR Alignment Guide Removal
18:30-18:50	CDR	CCF Camera Focusing
18:40-19:05	FE-5	Evening Work Prep
18:50-19:05	CDR	
18:55-19:05	FE-2	
19:05-19:30		Daily Planning Conference (<i>S-band</i>)
19:30-19:35	CDR	MPC Power Up
19:30-21:20	FE-2	Pre-sleep
19:30-21:30	FE-1,FE-4, FE-5,FE-6	
19:35-21:25	CDR	

21:20-21:30	FE-2	ECLIPSE-BEACON [ТЕХЬ-МАЯК] Experiment Run Termination
21:25-21:30	CDR	MPC Power Down
21:30-06:00		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
 4. ECLIPSE-BEACON [ТЕХЬ-МАЯК] will be using **RSK2 and HAM radio between 14:00 and 21:30**
- End of Radiogram