

Radiogram No. 5634u

Form 24 for 06/30/07

CREW OFF DUTY

GMT	CREW	ACTIVITY
06:00-06:10	FE-1, FE-2	Morning inspection
06:00-06:05	CDR	PLASMA CRYSTAL. Turbo-pump activation
06:05-06:10		Morning inspection
06:10-06:40		Post-sleep
06:40-07:35	CDR	BREAKFAST
06:40-07:30	FE-1, FE-2	
07:30-09:50	FE-1	Weekly Housekeeping Cleaning Fan B3 grilles in DC1, grilles in ВПpK and ВПxO and ФC9 ВдПpK
07:30-10:30	FE-2	
07:35-09:50	CDR	
09:50-10:15	CDR, FE-1	TV PAO dedicated to 60th Anniversary of the Kalashnikov assault rifle, (To= 09:50,T1, T2, T3 - Automated daily timeline)
10:15-10:55	FE-1	Weekly Housekeeping Cleaning Fan B3 grilles in DC1, grilles in ВПpK and ВПxO and ФC9 ВдПpK
10:15-11:00	CDR	
10:45-12:40	FE-2	Hardware set up for CCISS - Cardiovascular and Cerebrovascular Control on Return from the International Space Station:
11:00-12:00	FE-1	Physical Exercise (VELO+RED) day 1
11:10-11:30	CDR	Private Family Conference (<i>Ku + S-band</i>)
12:00-13:30		Physical Exercise (TVIS) Day 1
12:00-12:20	FE-1	Private Family Conference (<i>Ku + S-band</i>)
12:20-12:35		Assistance in Cardiovascular and Cerebrovascular Control on Return from the ISS
12:35-12:45		CCISS documents photography
12:40-13:00	FE-2	BARO data collection for CCISS study
13:00-13:25		CCISS Combined Study Stow
13:30-14:00		Weekly Planning Conference (<i>S-band</i>)
14:00-14:05	CDR	On MCC Go ISS O2 repress from Progress 359 CpПK (start)
14:05-15:05		LUNCH
15:05-15:20	FE-2	Food frequency questionnaire
15:05-15:10	CDR	ISS O2 repress from Progress 359 CpПK (terminate)
15:10-15:50		COЖ Maintenance
16:00-17:00		Physical Exercise (VELO+RED) day 1
16:30-18:00	FE-2	Physical Exercise (TVIS)
18:00-19:00		Physical Exercise (RED)
18:00-19:30	FE-1	Physical Exercise (TVIS) Day 1
19:10-19:25	FE-2	Questionnaire - journal entry
19:25-19:30		Transfer TVIS/RED/CEVIS/HRM data to MEC
19:25-19:55	CDR	DINNER
19:30-20:00	FE-1, FE-2	
19:55-20:25	CDR	Daily Food Prep
20:00-20:30	FE-1, FE-2	

20:25-21:25	CDR	Pre-sleep
20:30-21:30	FE-1, FE-2	
21:25-21:30	CDR	PLASMA CRYSTAL-3. Turbo-pump deactivation
21:30-06:00		SLEEP
Task List	CDR	URAGAN. Observation and photography
		ECON. Observation and photography

Note: See OSTP for references to US activities.

End of Radiogram