Form 24 for 09/09/2010

Radiogram No. 4014u Medical And Science Experiments

GMT	CREW	ACTIVITY
06:00-06:10	FE-3, FE-5	Morning Inspection
06:00-06:05	CDR	Elektron-VM Aerosol Filter Inspection
06:00-06:05	FE-4, FE-6	SLEEP Data Log Entry
06:00-06:05	FE-2	REACTION Self Test
06:05-06:10	FE-2	SLEEP Data Log Entry
06:05-06:30	FE-4	SOLO Blood Sample Collection
06:05-06:15	FE-6	Morning Inspection
06:05-06:15	CDR	SONOCARD Experiment Termination
06:10-06:40	FE-3, FE-5	Post-sleep
06:10-06:20	FE-2	Morning Inspection
06:15-06:25	CDR	Morning Inspection
06:15-06:40	FE-6	
06:20-06:40	FE-2	Doct close
06:25-06:40	CDR	Post-sleep
06:30-06:35	FE-4	
06:35-06:55	FE-4	SOLO-RC Setup and Config
06:40-07:30	CDR, FE-2, FE-3, FE-5, FE-6	BREAKFAST
06:55-07:00	FE-4	REACTION Self Test
07:00-07:05	FE-4	Post-sleep
07:05-07:25	FE-4	SOLO MELFI Blood Sample Insertion
07:25-07:40	FE-4	Post-sleep
07:30-07:40	FE-3, FE-5	Work Prep
07:30-07:40	CDR, FE-2, FE-6	Post-sleep
07:40-08:00		Daily Planning Conference (S-band)
08:00-08:15		ISS Crew and ГОГУ (RSA Flight Control Team Management) Weekly Conference (S-band)
08:15-08:25	FE-3, FE-5	Work Prep
08:15-08:40	CDR, FE-2	Work Prep
08:15-09:50	FE-6	CFE-ICF1 Test Operations
08:15-08:55	FE-4	Using PCBA to Draw Blood
08:25-09:55	FE-3	Physical Exercise (TVIS), Day 1
08:35-09:25	FE-5	URAGAN. Observation and Photography using FSS
08:40-08:55	CDR	SONOCARD Copy Data to RSE-MED Laptop
08:55-09:45	FE-4	BREAKFAST
08:55-09:55	CDR	Physical Exercise (ARED)
09:10-09:20	FE-2	Activation of VO2max Crew Portable Pulmonary Function System
09:20-11:10	FE-2	VO2max. Experiment Protocol Prep

Post-sleep	09:25-10:15	FF-5	Nikon D2X #03 Shutter Test. Tagup with specialists (S-band)
Page 2019-10-12-02 Page 30-10-12-03-09-15-09-10-10-10-10-10-10-10-10-10-10-10-10-10-			
CASCADE Glovebox-C Hardware Prep			
Page 55-10:55 CDR RUSALKA Setup, photo/video, and cleanup			
No.			
10:00-11:30 FE-4 Physical Exercise (ARED) ISS-MCC TV TV Greetings to the World Forum of Spiritual Culture in AstanaTo=10:19, T1, T2, T3 from CITI			
ISS-MCC TV TV Greetings to the World Forum of Spiritual Culture in AstanaTo-10:19, T1, T2, T3 from CПП			
AstanaTo=10:19, T1, T2, T3 from CΠΠ 10:20-10:30 FE-6 MSG SAME Experiment Daily Startup, Step 1 10:30-11:00 FE-6 SAME Sample Carousel Exchange 10:40-11:40 FE-3 Crew Departure Prep 10:55-11:55 CDR SM Πα1-4 Dust Collector Filter Cartridge Changeout (ΦΓΕ1ΠΓΟ_2_224_1, b/c 00049676R). Discard the removed items. Update IMS / 11:00-12:15 FE-5 Study of veins in lower extremities 11:00-11:10 FE-6 SAME Videotape Changeout 11:10-11:30 FE-6 WRM Condensate Pumping Start 11:10-11:55 FE-2 VOZmax Experiment Protocol 11:30-11:45 FE-4 FIR Photo/Video Setup 11:30-13:00 FE-6 Physical Exercise (ARED) 11:45-11:55 FE-4 ARIS Alignment Guide Removal 11:55-12:00 FE-4 KIDS MPC Deactivation 11:55-12:10 FE-2 VOZmax. Thermolab Closeout Ops. 12:10-12:15 FE-2 VOZmax. Crew Portable Pulmonary Function System Data Downlink 12:15-13:00 FE-2 VOZmax. Crew Portable Pulmonary Function System Data Downlink 12:20-12:30 FE-4 CWC Audit 12:30-12:55 FE-4 Drine Sample Collection 12:45-13:00 CDR, FE-5 GASCADE Tyndallization Shutdown 12:45-13:00 FE-3 CASCADE Tyndallization Shutdown 12:45-13:00 FE-5 FE-5 FE-5 FE-5 FE-5 FE-5 FE-5 Total Carter Standard 12:00-13:00 FE-5 FE-5 FE-5 FE-5 Total Carter Standard 12:00-13:00 FE-5 CASCADE Tyndallization Shutdown 12:45-13:00 CDR, FE-5 FE-5 FE-5 FE-5 FE-5 FE-5 Total Carter Standard 12:00-13:00 FE-6 In-flight Maintenance (IFM). Cabin Removal for ARS Rack Transfer 12:00-13:10 FE-4 Clean Bench Functional Checkout	10:00-11:30	FE-4	· · ·
10:30-11:00 FE-6 SAME Sample Carousel Exchange 10:40-11:40 FE-3 Crew Departure Prep 10:55-11:55 CDR SM ΠΦ1-4 Dust Collector Filter Cartridge Changeout (ΦΓ Ε1ΠΓΟ_2_224_1, b/c 00049676R). Discard the removed items. Update IMS / 11:00-12:15 FE-5 Study of veins in lower extremities 11:00-11:10 FE-6 SAME Videotape Changeout (ΦΓ Ε1ΠΓΟ_2_224_1, b/c 00049676R). Discard the removed items. Update IMS / 11:10-11:55 FE-5 Study of veins in lower extremities 11:10-11:55 FE-6 WRM Condensate Pumping Start 11:10-11:55 FE-2 VO2max Experiment Protocol 11:30-11:45 FE-4 FIR Photo/Video Setup 11:30-13:00 FE-6 Physical Exercise (ARED) 11:45-11:55 FE-4 ARIS Alignment Guide Removal 11:55-12:00 FE-4 KIDS MPC Deactivation 11:55-12:10 FE-2 VO2max. Thermolab Closeout Ops. 11:55-12:10 FE-2 VO2max. Thermolab Closeout Ops and Downlink via OCA 12:10-12:15 FE-2 VO2max. Crew Portable Pulmonary Function System Data Downlink 12:15-12:45 FE-5 Siotechnical PL Plan Review 12:20-12:30 FE-4 CWC Audit 12:30-12:55 FE-4 Urine Sample Collection 12:45-13:00 CDR, FE-5 CASCADE Tyndallization Shutdown 12:45-13:00 FE-3 CASCADE Tyndallization Shutdown 13:00-14:00 EE-3 Video for Roskosmos TV Studio 14:00-15:00 FE-5 FE-6 In-flight Maintenance (IFM). Cabin Removal for ARS Rack Transfer 14:00-15:10 FE-4 Clean Bench Functional Checkout	10:15-10:50	FE-5	
10:40-11:40 FE-3 Crew Departure Prep SM ΠΦ1-4 Dust Collector Filter Cartridge Changeout (ΦΓ51ΠΓΟ_2_224_1, b/c 00049676R). Discard the removed items. Update IMS / 11:00-12:15 FE-5 Study of veins in lower extremities SAME Videotape Changeout SAME Vi	10:20-10:30	FE-6	MSG SAME Experiment Daily Startup, Step 1
SM ΠΦ1-4 Dust Collector Filter Cartridge Changeout (ΦΓΕ1ΠΓΟ 2 224_1, b/c 00049676R). Discard the removed items. Update IMS / 11:00-12:15 FE-5 Study of veins in lower extremities 11:00-11:10 FE-6 SAME Videotape Changeout 11:10-11:30 FE-6 WRM Condensate Pumping Start 11:10-11:55 FE-2 VO2max Experiment Protocol 11:30-13:00 FE-6 Physical Exercise (ARED) 11:45-11:55 FE-4 ARIS Alignment Guide Removal 11:55-12:10 FE-4 KIDS MPC Deactivation 11:55-12:10 FE-2 VO2max. Thermolab Closeout Ops. 11:55-12:10 FE-2 VO2max. Crew Portable Pulmonary Function System Data Downlink 12:10-12:15 FE-2 VO2max. VO2max Crew Mixing Bag System Stow 12:15-12:45 FE-3 Biotechnical PL Plan Review 12:20-12:30 FE-4 CWC Audit 12:30-12:55 FE-4 Urine Sample Collection 12:45-13:00 CDR, FE-5 IMS Tagup (S-band) 13:00-14:00 FE-5 Video for Roskosmos TV Studio 14:00-15:10 FE-4 CDR, FE-6 In-flight Maintenance (IFM). Cabin Removal for ARS Rack Transfer 14:00-15:10 FE-4 Clean Bench Functional Checkout	10:30-11:00	FE-6	SAME Sample Carousel Exchange
10.05-11:55	10:40-11:40	FE-3	Crew Departure Prep
11:00-11:10 FE-6 SAME Videotape Changeout 11:10-11:30 FE-6 WRM Condensate Pumping Start 11:10-11:55 FE-2 VO2max Experiment Protocol 11:30-11:45 FE-4 FIR Photo/Video Setup 11:30-13:00 FE-6 Physical Exercise (ARED) 11:45-11:55 FE-4 ARIS Alignment Guide Removal 11:55-12:00 FE-4 KIDS MPC Deactivation 11:55-12:10 FE-2 VO2max. Thermolab Closeout Ops. 11:55-12:10 CDR RUSALKA Terminate Data Copy and Downlink via OCA 12:10-12:15 FE-2 VO2max. Crew Portable Pulmonary Function System Data Downlink 12:15-13:00 FE-2 VO2max. VO2max Crew Mixing Bag System Stow 12:15-12:45 FE-5 Biotechnical PL Plan Review 12:20-12:30 FE-4 CWC Audit 12:30-12:55 FE-4 Urine Sample Collection 12:45-13:00 CDR, FE-5 CASCADE Tyndallization Shutdown 14:00-15:00 FE-5 Video for Roskosmos TV Studio 14:00-15:00 FE-5 FE-5 FE-5 FE-5 Clean Bench Functional Checkout 14:00-15:10 FE-4 Clean Bench Functional Checkout 15:00-15:10 FE-4 Clean Bench Functional Checkout 16:00-15:10 FE-4 Clean Bench Functional Checkout 17:00-15:10 FE-4 Clean Bench Functional Checkout 18:00-15:10 FE-4 Clean Bench Functional Checkout 18:00-15:10 FE-4 Clean Bench Functional Checkout 19:00-15:10 FE-4 Clean Bench Functional Checkout 19:00-15:10 FE-4 Clean Bench Functional Checkout 19:00-15:10 FE-5 Clean Bench Functional Checkout 19:00-15:10 FE-1 Clean Bench Functional Che	10:55-11:55	CDR	
11:10-11:30 FE-6 WRM Condensate Pumping Start 11:10-11:55 FE-2 VO2max Experiment Protocol 11:30-11:45 FE-4 FIR Photo/Video Setup 11:30-13:00 FE-6 Physical Exercise (ARED) 11:45-11:55 FE-4 ARIS Alignment Guide Removal 11:55-12:00 FE-4 KIDS MPC Deactivation 11:55-12:10 FE-2 VO2max. Thermolab Closeout Ops. 11:55-12:10 CDR RUSALKA Terminate Data Copy and Downlink via OCA 12:10-12:15 FE-2 VO2max. Crew Portable Pulmonary Function System Data Downlink 12:15-13:00 FE-2 VO2max. VO2max Crew Mixing Bag System Stow 12:15-12:45 FE-3 Biotechnical PL Plan Review 12:20-12:30 FE-4 CWC Audit 12:30-12:55 FE-4 Urine Sample Collection 12:45-13:00 CDR, FE-5 CASCADE Tyndallization Shutdown 12:50-13:00 FE-3 CHSCADE Tyndallization Shutdown 14:00-15:00 FE-5 FE-3 Video for Roskosmos TV Studio 14:00-15:10 FE-6 In-flight Maintenance (IFM). Cabin Removal for ARS Rack Transfer 14:00-15:10 FE-4 Clean Bench Functional Checkout	11:00-12:15	FE-5	Study of veins in lower extremities
11:10-11:55 FE-2	11:00-11:10	FE-6	SAME Videotape Changeout
11:30-11:45 FE-4	11:10-11:30	FE-6	WRM Condensate Pumping Start
11:30-13:00 FE-6	11:10-11:55	FE-2	VO2max Experiment Protocol
11:45-11:55 FE-4	11:30-11:45	FE-4	FIR Photo/Video Setup
11:55-12:00 FE-4	11:30-13:00	FE-6	Physical Exercise (ARED)
11:55-12:10	11:45-11:55	FE-4	ARIS Alignment Guide Removal
11:55-12:10 CDR	11:55-12:00	FE-4	KIDS MPC Deactivation
12:10-12:15 FE-2	11:55-12:10	FE-2	VO2max. Thermolab Closeout Ops.
12:10-12:15 FE-2	11:55-12:10	CDR	RUSALKA Terminate Data Copy and Downlink via OCA
12:15-13:00 FE-2 VO2max. VO2max Crew Mixing Bag System Stow 12:15-12:45 CDR, FE-3, FE-5 Biotechnical PL Plan Review 12:20-12:30 FE-4 CWC Audit 12:30-12:55 FE-4 Urine Sample Collection 12:45-13:00 CDR, FE-5 IMS Tagup (S-band) 12:50-13:00 FE-3 LUNCH 14:00-15:00 FE-5 FE-5 Video for Roskosmos TV Studio 14:00-15:10 FE-6 In-flight Maintenance (IFM). Cabin Removal for ARS Rack Transfer 14:00-15:10 FE-4 Clean Bench Functional Checkout	12:10-12:15	FE-2	
12:15-12:45	12:15-13:00	FE-2	VO2max. VO2max Crew Mixing Bag System Stow
12:30-12:55 FE-4 Urine Sample Collection 12:45-12:50 FE-3 CASCADE Tyndallization Shutdown 12:45-13:00 CDR, FE-5 IMS Tagup (S-band) 12:50-13:00 FE-3 LUNCH 14:00-15:00 FE-5 FE-3 Video for Roskosmos TV Studio 14:00-14:10 CDR, FE-6 In-flight Maintenance (IFM). Cabin Removal for ARS Rack Transfer 14:00-15:10 FE-4 Clean Bench Functional Checkout	12:15-12:45		Biotechnical PL Plan Review
12:30-12:55 FE-4 Urine Sample Collection 12:45-12:50 FE-3 CASCADE Tyndallization Shutdown 12:45-13:00 CDR, FE-5 IMS Tagup (S-band) 12:50-13:00 FE-3 LUNCH 14:00-15:00 FE-5 FE-3 Video for Roskosmos TV Studio 14:00-14:10 CDR, FE-6 In-flight Maintenance (IFM). Cabin Removal for ARS Rack Transfer 14:00-15:10 FE-4 Clean Bench Functional Checkout	12:20-12:30	FE-4	CWC Audit
12:45-12:50			
12:45-13:00			
12:50-13:00 FE-3 IMS Tagup (S-band) 13:00-14:00 LUNCH 14:00-15:00 FE-5 FE-3 Video for Roskosmos TV Studio 14:00-14:10 CDR, FE-6 In-flight Maintenance (IFM). Cabin Removal for ARS Rack Transfer 14:00-15:10 FE-4 Clean Bench Functional Checkout CDR			
13:00-14:00 LUNCH 14:00-15:00 FE-5 FE-3 Video for Roskosmos TV Studio 14:00-14:10 CDR, FE-6 In-flight Maintenance (IFM). Cabin Removal for ARS Rack Transfer 14:00-15:10 FE-4 Clean Bench Functional Checkout			IMS Tagup (S-band)
14:00-15:00 FE-5 FE-3 Video for Roskosmos TV Studio 14:00-14:10 CDR, FE-6 In-flight Maintenance (IFM). Cabin Removal for ARS Rack Transfer 14:00-15:10 FE-4 Clean Bench Functional Checkout			LUNCH
14:00-14:10 CDR, FE-6 In-flight Maintenance (IFM). Cabin Removal for ARS Rack Transfer 14:00-15:10 FE-4 Clean Bench Functional Checkout	14:00-15:00		
	14:00-14:10	CDR, FE-6	In-flight Maintenance (IFM). Cabin Removal for ARS Rack Transfer
14:00-14:50 FE-2 VO2max CPPFS Conclude	14:00-15:10	FE-4	Clean Bench Functional Checkout
	14:00-14:50	FE-2	VO2max CPPFS Conclude
14:10-14:45 FE-6 RFTA Reconfiguration For Urine Processing	14:10-14:45	FE-6	RFTA Reconfiguration For Urine Processing
14:10-14:50 CDR COЖ Maintenance			
14:50-15:10 CDR, FE-6 Crew Cabin Installation			
14:50-15:10 FE-2 SDRM Measurements			

15:00-16:00	FE-3	Physical Exercise (TVIS), Day 1
15:00-16:00		Physical Exercise (VELO), Day 1
15:10-15:25		Food Frequency Questionnaire
15:10-15:20		Glacier Desiccant Pack Removal
15:20-15:30		PAO Hardware Setup
15:25-15:30		FIR ARIS Position Control Stability Test Monitoring
15:30-15:40	FE-2, FE-4, FE-6	Crew Prep for PAO
15:40-16:00	FE-2, FE-4, FE-6	PAO Event
16:00-17:30	FE-3	Waste and Hygiene Compartment (WHS) Urine Receptacle and Insert Filter Changeout
16:00-16:10	FE-6	PAO Hardware Deactivation
16:00-17:30	FE-5	Physical Exercise (TVIS), Day 1
16:00-17:00	CDR	Crew Departure Prep
16:05-16:20	FE-4	SDTO T2 Harness Setup
16:05-16:20	FE-2	VO2max. Stow Crew Portable Pulmonary Function System
16:15-16:25	FE-6	WRM Condensate Pumping Terminate
16:20-17:20	FE-2	Physical Exercise (CEVIS)
16:20-17:20	FE-4	Physical Exercise T 2
16:25-16:35	FE-6	ARS CDRA QD Disconnect
17:00-18:30	CDR	Physical Exercise (TVIS), Day 4
17:10-17:20	FE-6	SLAMMD Hardware Partial Setup
17:20-18:50	FE-2	Physical Exercise (ARED)
17:20-17:30	FE-4	SDTO T2 Inspection
17:20-18:20	FE-6	Physical Exercise T 2
17:30-17:40	FE-4	SDTO T2 Harness Data Downlink
17:30-17:40	FE-5	Camcorder Battery Charge (start)
17:35-18:35	FE-3	CASCADE Installation of Thermostatic Enclosure (КТ) with БУП and ТБУ (Universal Bioengineering Thermostatic Container) in DC1
17:40-18:00	FE-5	IMS Update
17:55-18:00	FE-4	Daily Diet Monitoring
18:00-18:15	FE-4	VHF test using US ground sites
18:00-18:40	FE-5	Evening Work Prep
18:15-18:20	FE-4	HAM Radio Deactivation
18:20-18:50	FE-4	Evening Work Prep
18:20-18:45	FE-6	Evening Work Prep
18:30-18:35	CDR	Elektron-VM Aerosol Filter Inspection
18:35-18:50	CDR, FE-3	Evening Work Prep
18:40-18:50		Camcorder Battery Charge (complete)
18:45-18:50		MSG/Smoke Aerosol Measurement Experiment Daily Shutdown
18:50-19:15		Daily Planning Conference (S-band)
19:15-19:30	CDR, FE-2,	Evening Work Prep

	FE-3 , FE-5 , FE-6	
19:15-19:20	FE-4	Evening Work Prep
19:20-19:30	FE-4	FIR Alignment Guide Installation
19:30-21:30	CDR, FE-3, FE-5 , FE-6	Pre-sleep
19:30-19:35	FE-4	MPC Power Up
19:30-21:25	FE-2	Pre-sleep
19:35-21:20	FE-4	Pre-sleep
21:20-21:25	FE-4	REACTION Self Test
21:25-21:30	FE-2	REACTION Self Test
21:25-21:30	FE-4	MPC Power Down
21:30-07:00		SLEEP

Notes:

- SM Window #9 shutter opening is at crew discretion w/ Report to MCC
 See OSTP for references to US activities
 Pre-sleep ops: dinner, daily food prep, evening toilet
 End of Radiogram