

Radiogram No. 1551u

Form 24 for 10/31/09

CREW OFF-DUTY

GMT	CREW	ACTIVITY
06:00-06:05	CDR, FE-2, FE-4, FE-5	SLEEP Data Log Entry
06:00-06:10	FE-3	Morning Inspection
06:05-06:10	CDR, FE-1 , FE-2, FE-4	
06:05-06:10	FE-5	REACTION Self Test
06:10-06:40	CDR, FE-1 , FE-2, FE-3 , FE-4	Post-sleep
06:10-06:30	FE-5	Nutrition and Repository Urine Sample Collection
06:30-06:40	FE-5	Nutrition and Repository MELFI Urine Sample First Insertion
06:40-06:55	FE-5	Post-sleep
06:40-07:30	CDR, FE-1 , FE-2, FE-3 , FE-4	BREAKFAST
06:55-07:30	FE-5	
07:30-09:00	FE-4	Weekly Housekeeping
07:30-10:30	CDR, FE-2, FE-5	
07:30-10:30	FE-1, FE-3	Weekly Housekeeping ВПхО, ФС5, ФС6, ФС9, ВПрК, FGB ЦБ2 Screen Cleaning
09:00-10:30	FE-4	Physical Exercise (ARED)
10:30-11:55	FE-5	Physical Exercise (ARED)
10:30-11:30	FE-1	Physical Exercise (TVIS), day 1
10:40-11:55	FE-4	BCAT5 Video
11:25-11:40	CDR	Private Family Conference (<i>S + Ku-band</i>)
11:30-12:00	FE-1	Hygiene Procedures
11:55-12:55	CDR	Physical Exercise (TVIS)
11:55-12:55	FE-3	Physical Exercise (ARED)
11:55-12:10	FE-5	Food Frequency Questionnaire
12:10-12:15	FE-2	Mice Drawer System Muffler Re-install
12:20-12:40	FE-5	Nutrition and Repository Urine Sample Collection
12:40-12:45	FE-5	Nutrition and Repository Urine Sample MELFI Insertion
12:55-13:25		Weekly Planning Conference (<i>S-band</i>)
13:25-14:25		LUNCH
14:25-14:50	FE-4	AVATAR Experiment Ops
14:25-15:05	FE-1	COЖ Maintenance
14:25-14:40	FE-3	Private Psychological Conference (<i>VHF</i>)
14:25-14:40	CDR	FOAM Hardware Setup
14:50-16:15	FE-4	Weekly Housekeeping
15:15-15:20	CDR	FOAM Camcorder Battery and Tape Exchange

15:20-15:25	CDR	FOAM Cell Array Exchange and Start of Next Stability Run
15:30-17:00	CDR	Physical Exercise (ARED)
15:55-16:10	FE-1	Private Psychological Conference (<i>VHF</i>)
16:00-17:00	FE-2	Physical Exercise (TVIS)
16:25-16:45	FE-5	EPO (PL) Demonstration Procedure Review
16:45-17:00	FE-5	Educational Payload Ops (EPO) Camcorder Set Up
17:00-18:00	FE-5	Physical Exercise (TVIS)
17:00-17:15	CDR	Deconfiguration of FOAM Stability cell array and camera after the completion of the run
17:00-17:10	FE-2, FE-4	TVIS Harness Photography
17:10-17:25	FE-4	BCAT5 Sample Check and Photography
17:10-17:45	FE-1	Video Downlink for TBL Channel (To= 17:12, T1, T2 activation from CПП)
17:15-17:20	CDR	FOAM Laptop Deactivation
17:35-17:50	FE-2	Private Family Conference (<i>S+Ku-band</i>)
17:45-18:45	FE-1	Physical Exercise (VELO), day 1
17:50-18:00	CDR	TVIS weekly Maintenance
18:00-19:00	FE-3	Physical Exercise (TVIS), day 2
18:00-19:30	FE-2	Physical Exercise (ARED)
18:15-18:40	FE-5	EPO Demonstration
18:30-19:30	FE-4	Physical Exercise (CEVIS)
18:40-18:50	FE-5	Post-EPO Hardware Stow
18:45-19:15	FE-1	Video Downlink for T3L Channel (To= 18:47, T1, T2 activation from CПП)
19:00-19:30	FE-3	Hygiene Procedures
19:05-19:25	FE-5	Nutrition and Repository Urine Sample Collection
19:25-19:30	CDR	Transfer TVIS, CEVIS, and HRM data to MEC
19:25-19:30	FE-5	Nutrition and Repository Urine Sample MELFI Insertion
19:30-19:35	FE-1	Elektron-VM Aerosol Filter Inspection
19:30-21:25	FE-5	Pre-sleep
19:30-21:30	CDR, FE-2, FE-3 , FE-4	
19:35-21:30	FE-1	
21:25-21:30	FE-5	REACTION Self Test
21:30-06:00		SLEEP
Task List	FE-1, FE-3	URAGAN. Observations and Photography
		ECON Observations and Photography

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: dinner, daily food prep, evening toilet
- End of Radiogram