

Radiogram No. 5871u

Form 24 for 04/14/2011

**Loading Progress 409 with equipment for disposal**

<b>GMT</b>	<b>CREW</b>	<b>ACTIVITY</b>
06:00-06:10	<b>CDR</b>	Morning Inspection
06:00-06:10	<b>FE-1, FE-6</b>	
06:00-06:10	<b>FE-2</b>	SONOCARD Experiment Termination
06:00-06:20	FE-3	HRF Urine Sample Collection Subject
06:00-06:20	FE-5	HRF Urine Sample Collection Subject
06:10-06:20	<b>CDR</b>	Hematocrit Test
06:10-06:20	<b>FE-1</b>	Post-sleep
06:10-06:15	<b>FE-2</b>	Elektron-VM System Monitoring
06:10-06:40	FE-6	Post-sleep
06:15-06:30	<b>FE-2</b>	Post-sleep
06:20-06:40	<b>CDR</b>	Post-sleep
06:20-06:30	<b>FE-1</b>	Hematocrit Test
06:20-06:30	FE-3	HRF - Urine Sample Insertion Into MELFI
06:20-06:25	FE-5	Urine Spot Test
06:25-06:30	FE-5	PROK. Photo of Log-table
06:30-06:40	<b>FE-1, FE-3</b>	Post-sleep
06:30-06:40	<b>FE-2</b>	Hematocrit Test
06:30-06:35	FE-5	HRF - Urine Sample Insertion Into MELFI
06:35-06:45	FE-5	HRF Refrigerated Centrifuge Setup
06:40-07:20	<b>CDR</b>	BREAKFAST
06:40-06:45	FE-3	Post-sleep
06:40-07:25	<b>FE-1, FE-6</b>	BREAKFAST
06:40-07:25	<b>FE-2</b>	
06:45-07:00	FE-3	HRF-BLOOD
06:45-07:05	FE-5	HRF Blood Sample Draw Subject
07:00-07:25	FE-3	Post-sleep
07:05-07:15	FE-5	Hematocrit Test
07:15-07:25	FE-5	HRF Refrigerated Centrifuge Configure
07:20-07:25	<b>CDR</b>	Hematocrit Equipment Stowage
07:25-07:45		Daily Planning Conference ( <i>S-band</i> )
07:45-07:55	FE-5	Morning Inspection
07:45-08:30	FE-3	BREAKFAST
07:45-08:05	<b>FE-2, FE-6</b>	Work Prep
07:45-07:50	<b>CDR, FE-1</b>	CPC File System Initialization Procedure. <i>Tagup with specialists (S-band)</i>
07:50-08:10	<b>CDR, FE-1</b>	Work Prep
07:55-08:00	FE-5	HRF Refrigerated Centrifuge Spin Terminate
08:00-08:10	FE-5	Nutrition and Repository Blood Sample Insertion into MELFI
08:05-08:15	FE-6	CWC Audit
08:10-08:40	FE-5	Post-sleep
08:10-08:15	<b>CDR, FE-1</b>	CPC File System Initialization Procedure. <i>Tagup with specialists (S-band)</i>
08:15-08:30	<b>FE-2</b>	SONOCARD Data Copy to RSE-MED Laptop and Data Downlink Using OCA
08:30-09:30	<b>CDR, FE-1</b>	Hookup of DC1 KURS-P Antenna Feeder AΦY to SM K2-BKA Antenna
08:30-08:40	FE-6	VO2max Video Setup
08:30-09:10	<b>FE-2</b>	COЖ Maintenance
08:30-08:50	FE-3	HRF Urine Sample Collection Subject

08:40-08:50	FE-6	Power Up
08:40-08:45	FE-5	ISS HAM Radio Setup in Service Module
08:45-09:00	FE-5	ISS HAM Radio Session from SM
08:50-08:55	FE-3	HRF - Urine Sample Insertion Into MELFI
08:50-09:20	FE-6	VO2 Stowage
08:55-10:25	FE-3	Physical Exercise (ARED)
09:00-09:25	FE-5	BREAKFAST
09:10-09:25	<b>FE-2</b>	Verify ИП-1 sensor installation
09:20-09:45	FE-6	VO2max Experiment Protocol
09:25-10:25	FE-5	Physical Exercise (VELO)
09:30-10:00	<b>CDR</b>	Photo of Kurs-P Antenna Hookup Location and Photo Downlink / r/g 5889 step 2
09:30-10:10	<b>FE-1, FE-2</b>	Familiarization with onboard computer network. <i>Tagup with specialists (S-band)</i>
09:45-10:25	FE-6	VO2max Portable PFS Software Calibrations and Instrument Check
10:00-10:10	<b>CDR</b>	КОБ2 4ГБ4 Half-Coupling Shell Coolant Leak Check
10:25-10:40	FE-3	WRS – Filling CWC-1, Part 1
10:25-11:05	FE-6	VO2max Experiment Protocol
10:25-11:55	FE-5	Physical Exercise (ARED)
10:30-11:30	<b>FE-2</b>	Physical Exercise (VELO), Day 3
10:30-12:00	<b>CDR</b>	Physical Exercise (TVIS), Day 4
10:30-10:50	<b>FE-1</b>	Crew time for ISS adaptation and orientation
10:40-11:00	FE-3	WRS Condensate Pumping Initiation
10:50-11:30	<b>FE-1</b>	24-hour ECG (termination)
11:00-11:10	FE-3	WRS - Filling CWC-1, Part 2
11:05-11:15	FE-6	VO2 Closeout Ops
11:15-11:20	FE-6	VO2 Data Downlink
11:20-11:55	FE-6	VO2 Stowage
11:25-12:25	FE-3	Crew time for ISS adaptation and orientation
11:30-12:20	<b>FE-2</b>	24-hour ECG monitoring (start)
11:30-13:00	<b>FE-1</b>	Physical Exercise (TVIS), Day 3
11:55-12:55	FE-5	JEM IMV flow measurement
11:55-12:15	FE-6	PPFS. Blood Pressure. Microphone Replacement
12:00-13:00	<b>CDR</b>	Physical Exercise (VELO), Day 4
12:15-12:35	FE-6	VO2max PPFS Stowage
12:20-12:50	<b>FE-2</b>	Crew time for ISS adaptation and orientation
12:25-12:45	FE-3	HRF Urine Sample Collection Subject
12:45-12:50	FE-3	HRF - Urine Sample Insertion Into MELFI
12:55-13:55	FE-3, FE-5, FE-6	LUNCH
13:00-14:00	<b>FE-1, FE-2</b>	LUNCH
13:00-13:05	<b>CDR</b>	<b>On MCC Go</b> ISS O2 Repress from Progress 409 CpПК (start)
13:05-14:00	<b>CDR</b>	LUNCH
13:55-14:55	FE-6	DOUG Software Review
13:55-14:15	FE-5	ESA Weekly Crew Conference
14:00-14:05	<b>CDR</b>	ISS O2 repress from Progress 409 CpПК (terminate)
14:00-14:30	<b>FE-2</b>	Crew time for ISS adaptation and orientation
14:00-14:35	<b>FE-1</b>	
14:05-14:35	<b>CDR</b>	Progress 409 Stowage Operations with the Use of IMS
14:15-14:20	FE-5	ERB2 Power Up

14:25-15:45	FE-5	Hardware Prepack for Return on ULF6
14:25-14:35	FE-3	WRS – Complete Condensate Transfer
14:35-16:50	<b>CDR, FE-1, FE-2, FE-3</b>	ISS Readiness for Emergency Egress Drill
14:55-15:20	FE-6	MLT2 Installation
15:35-17:05	FE-6	Physical Exercise (ARED)
15:45-17:35	FE-5	Gathering US trash for disposal in Progress 409
16:50-17:05	<b>FE-1</b>	ARED Introduction
16:55-17:55	<b>CDR</b>	Progress 409 stowage operations with the use of IMS
16:55-17:55	FE-3	Physical Exercise (VELO), Day 3
16:55-18:25	<b>FE-2</b>	Physical Exercise (TVIS), Day 3
17:05-17:35	FE-6	DOUG Conference
17:05-17:35	<b>FE-1</b>	INTERACTION Experiment Ops
17:35-18:35	<b>FE-1</b>	Physical Exercise (ARED)
17:55-18:00	FE-5	JPM Window Shutter Closure
18:05-18:35	<b>CDR, FE-3, FE-5, FE-6</b>	STS 134 and Expedition 27 crew conference
18:35-19:00	<b>FE-1</b>	Evening Work Prep
18:35-18:40	FE-6	CGBA-5 Status Check
18:35-18:55	FE-3	HRF Urine Sample Collection Subject
18:35-18:40	<b>FE-2</b>	Elektron-VM System Monitoring
18:35-19:00	FE-5	Evening Work Prep
18:40-19:00	<b>CDR, FE-2</b>	Evening Work Prep
18:40-18:45	FE-6	VO2max Crew Portable Pulmonary Function System Conclude
18:45-19:00	FE-6	Evening Work Prep
18:55-19:00	FE-3	HRF - Urine Sample Insertion Into MELFI
19:00-19:25		Daily Planning Conference ( <i>S-band</i> )
19:25-19:30	FE-6	MPC Power Up
19:25-21:20	<b>FE-1</b>	Pre-sleep
19:25-21:30	<b>CDR, FE-2, FE-3, FE-5</b>	Pre-sleep
19:30-21:25	FE-6	Pre-sleep
21:20-21:30	<b>FE-1</b>	SONOCARD Experiment Start
21:25-21:30	FE-6	MPC Power Down
21:30-06:00		SLEEP
<b>Task List</b>	<b>CDR</b>	IMS Update

**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: daily food prep, dinner, pre-sleep
- End of Radiogram