

Radiogram No. 1195u

Form 24 for 09/23/09

Crew Health Status. Pre-packing Equipment for Return on Soyuz 224

GMT	CREW	ACTIVITY
06:00-06:10	CDR	SONOCARD Experiment Termination
06:00-06:10	FE-1, FE-2, FE-3 , FE-4, FE-5	Morning Inspection
06:10-06:20	CDR	
06:10-06:40	FE-1, FE-2, FE-3 , FE-4, FE-5	Post-sleep
06:20-06:50	CDR	
06:40-07:30	FE-1, FE-2, FE-3 , FE-4, FE-5	BREAKFAST
06:50-07:40	CDR	
07:30-07:40	FE-1, FE-2, FE-3 , FE-4, FE-5	Work Prep
07:40-08:05		Daily Planning Conference (<i>S-band</i>)
08:05-08:25	FE-3 , FE-5	Work Prep
08:05-09:35	FE-1	Physical Exercise (ARED)
08:05-09:05	FE-4	Physical Exercise (CEVIS)
08:15-08:30	CDR	SONOCARD Copy Data to RSE-MED Laptop
08:25-08:40	FE-5	PWS2 BIOS Setting
08:25-08:35	FE-2	Configuring SSRMS for External Pallet (EP) Extraction
08:30-09:00	CDR	Crew Departure Prep
08:35-09:35	FE-2	Physical Exercise (TVIS)
08:40-08:45	FE-3	PLANTS-2 Payload Status Check
08:45-09:05	FE-5	PWS2 Software Load Phase 2
08:45-08:55	FE-3	PLANTS-2. Photography
08:55-09:15	FE-3	PLANTS-2. Data Downlink
09:00-09:10	CDR	Deactivation of DM Cooler/Dryer Assembly XCA B1 Fan and Activation of DM XCA B2 Fan in Soyuz 224
09:05-09:35	FE-4	EP Separation from HTV1
09:05-09:10	FE-5	Connect Additional Camera View In JEM
09:10-09:20	FE-5	JEMRMS Final Activation Part
09:15-10:05	CDR (assists), FE-3	Study of cardiovascular system under graded physical load on VELO. To=09:35. Tagup with specialists (VHF)
09:35-10:35	FE-1	Crew Departure Prep
09:35-10:35	FE-2, FE-4	SSRMS maneuver to handoff the EP to JEMRMS
09:50-10:00	FE-5	EHS GC/DMS Ops Start
10:00-10:10	FE-5	PWS2 Deactivation
10:05-12:20	CDR	EXPERT Experiment Ops (Microbial Samples)
10:05-12:40	FE-3	Surface samples from FGB equipment and structures
10:10-10:20	FE-5	PWS2 Activation
10:20-10:35	FE-5	PWS2. Telecommand and Telemetry Checkout
10:35-11:00	FE-2, FE-5	JEMRMS EP Grapple

10:35-10:40	FE-1	HMS Defibrillator Inspection
11:00-11:30	FE-2, FE-4	SSRMS EP Release and maneuver to parked position
11:05-11:20	FE-5	Food Frequency Questionnaire
11:30-13:00	FE-4	Physical Exercise (ARED)
11:30-12:30	FE-2, FE-5	JEMRMS EP Install on JPM
11:35-12:35	FE-1	Physical Exercise (TVIS)
12:20-12:35	CDR	EXPERT. Tagup with specialists (<i>S-band</i>)
12:30-12:50	FE-2, FE-5	EP Capture Latch Close
12:35-13:35	CDR	Physical Exercise (TVIS), day 1
12:45-13:45	FE-3	Physical Exercise (ARED)
13:00-13:05	FE-1	Payload Status Check
13:05-14:05	FE-1, FE-2, FE-4, FE-5	LUNCH
13:45-14:45	CDR, FE-3	
14:05-14:35	FE-2, FE-5	JEMRMS – EP Release
14:05-14:15	FE-4	Glove Box (MSG) Activation
14:05-14:25	FE-1	EHS Colorimetric Solid-Phase Extraction (C-SPE) Activation and Checkout
14:15-15:15	FE-4	SODI Hardware Setup
14:25-15:05	FE-1	Analysis of Water Samples using Colorimetric Solid-Phase Extraction (C-SPE)
14:35-14:45	FE-5	JEMRMS Deactivation Prep
14:35-15:15	FE-2	IMV Flow Measurement
14:45-14:50	FE-5	Disconnect Additional Camera View In JEM
14:45-16:05	CDR	Equipment Prepack for Return on Soyuz 224
14:45-15:25	FE-3	Filling EDV [KOV] for Elektron from CWC #1021, 1073
14:55-15:00	FE-5	SOLO Diet Monitoring
15:00-15:05	FE-5	EHS Sampling Termination
15:05-15:15	FE-5	PAO Hardware Setup
15:05-15:15	FE-1	Colorimetric Solid-Phase Extraction (C-SPE) Stow
15:15-15:25	FE-1, FE-2, FE-4, FE-5	Crew Prep for PAO
15:25-16:05	FE-3	COX Maintenance
15:25-15:45	FE-1, FE-2, FE-4, FE-5	PAO Event (<i>Ku + S-band</i>)
15:45-15:50	FE-1	PAO Hardware Deactivation
15:45-16:45	FE-5	Physical Exercise (CEVIS)
15:45-17:15	FE-2	Physical Exercise (ARED)
15:50-17:05	FE-1	Microbial Constituents Analyzer (MCA) ORU R&R
16:05-17:05	CDR	Physical Exercise (TVIS), day 1
16:05-16:35	FE-4	SODI Hardware Setup
16:35-18:35	FE-4	SODI IVIDIL Hardware Setup
16:45-17:05	FE-3	IMS Update

17:05-17:35	CDR	Post-Exercise Hygiene Procedure
17:05-18:05	FE-3	Physical Exercise (TVIS), day 4
17:05-18:05	FE-1	Water Recovery System (WRS) Recycle Filter Tank Assembly (RFTA) Remove and Replace
17:10-18:40	FE-5	Physical Exercise (ARED)
17:15-18:15	FE-2	Transfer Cargo From HTV
17:35-18:05	CDR	Crew Departure Prep
18:05-18:40	CDR	Pre-sleep
18:05-18:35	FE-3	Post-Exercise Hygiene Procedure
18:15-18:40	FE-2	Work Prep
18:20-18:25	FE-1	CDM Check
18:25-18:30	FE-1	CSA Check
18:30-18:40	FE-1	Pre-sleep
18:35-18:40	FE-4	Transfer TVIS, CEVIS, and HRM data to MEC
18:35-18:40	FE-3	Work Prep
18:40-19:05		Daily Planning Conference (<i>S-band</i>)
19:05-19:50	FE-2, FE-3	Pre-sleep
19:05-19:35	FE-4	
19:05-19:30	FE-5	
19:05-19:15	FE-1	Stow Video Equipment Used for ARED Exercise Video
19:05-19:35	CDR	INTERACTION CDR Experiment Ops
19:15-19:50	FE-1	Pre-sleep
19:30-19:35	FE-5	MPC Power Up
19:35-19:40	FE-4	Glove Box (MSG) Powerdown
19:35-19:50	CDR, FE-5	Pre-sleep
19:40-19:50	FE-4	
19:50-20:20		E20 / E22 Crew Conference (<i>Ku + S-band</i>)
20:20-21:15	FE-4	Pre-sleep
20:20-21:25	FE-5	
20:20-21:30	CDR, FE-1, FE-2, FE-3	
21:15-21:30	FE-4	Private Family Conference (<i>Ku + S-band</i>)
21:25-21:30	FE-5	MPC Power Down
21:30-06:00		SLEEP
Task List	CDR, FE-3	URAGAN. 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