

Radiogram No. 4030

Form 24 for 09/11/2010

**LBNP Exercises**

<b>GMT</b>	<b>CREW</b>	<b>ACTIVITY / ODF or r/g</b>
21:30-06:00		Crew sleep
06:00-06:05	FE-6	SLEEP Data Log for FE6
06:00-06:05	FE-4	SLEEP Data Log for FE-4
06:00-06:10	<b>CDR, FE-3</b>	Morning Inspection
06:00-06:05	FE-2	PRO K Urine PH Test
06:00-06:05	<b>FE-5</b>	Inspection of aerosol filters in VM-Elektron System
06:05-06:10	FE-2	SLEEP Data Log for FE-2
06:05-06:10	FE-4, <b>FE-5</b> , FE-6	Morning Inspection
06:10-06:40		Post-sleep
06:40-07:30		BREAKFAST
07:30-09:00	FE-2	Weekly Housekeeping
07:30-10:30	FE-6	Weekly Housekeeping
07:30-08:50	FE-4	Marangoni Core Cleaning
08:00-09:00	<b>CDR, FE-3</b>	Progress 407 Docking Specifics Conference ( <i>S-band</i> )
08:50-10:50	FE-4	Marangoni Inside Core Cleaning
09:00-10:00	FE-2	Physical Exercise (CEVIS)
09:25-10:20	<b>CDR, FE-3</b> (assists)	LBNP Exercise (PRELIMINARY) <i>Tagup (VHF)</i>
10:00-10:15	FE-2	Private Family Conference
10:15-11:45	FE-2	ARED Physical Exercise
10:20-11:00	<b>FE-5</b>	COX Maintenance
10:30-10:45	<b>CDR</b>	Private Family Conference ( <i>S-band</i> )
10:50-11:50	FE-4	Physical Exercise (T2)
11:00-12:30	<b>FE-5</b>	Physical Exercise (TVIS) day 3
11:00-11:55	<b>FE-3, CDR</b> (assists)	LBNP Exercise (PRELIMINARY). <i>Tagup (VHF)</i>
12:10-12:15	FE-4	ISS HAM. Radio Setup in Service Module
12:15-12:30	FE-4	ISS HAM. HAM Radio Session from SM
12:20-12:35	<b>FE-3</b>	Private Family Conference ( <i>S-band</i> )
12:30-13:30	<b>CDR, FE-2</b> , FE-4, <b>FE-5</b> , FE-6	LUNCH
12:35-13:30	<b>FE-3</b>	LUNCH
13:30-14:00	FE-2, <b>FE-3</b> , FE-4, <b>FE-5</b> , FE-6	Weekly Planning Conference ( <i>S-band</i> )
13:30-13:55	<b>CDR</b>	Weekly Planning Conference ( <i>S-band</i> )
14:00-15:20	FE-4	Marangoni Cassette Installation
14:10-14:15	FE-2	PROK Diet Log (Day 1)
14:10-14:25	FE-6	Food Frequency Questionnaire

14:20-14:25	<b>CDR</b>	HAM Radio Equipment Setup
14:25-14:35	<b>CDR, FE-5</b>	Ham Radio Session
14:30-14:35	FE-2	Kids v Micro-G MPC Power On
14:35-15:35	FE-2	Weekly Housekeeping
15:00-15:05	FE-6	SSC File Server Reboot
15:00-15:15	<b>FE-5</b>	Private Family Conference ( <i>S-band</i> )
15:05-15:10	FE-6	OCA SSC router reboot
15:45-15:50	FE-4	HAM Radio Power Down
15:50-17:20	FE-4	ARED Physical Exercise
16:00-16:10	<b>FE-5</b>	Pre-filter cleaning in POTOK-150MK Air Purification System in SM and FGB <b>(Use vacuum cleaner equipped with narrow nozzle attachment; POTOK unit should be powered down)</b>
16:00-17:30	<b>FE-3</b>	Physical Exercise (TVIS) day 3
16:20-17:20	FE-6	Physical Exercise (CEVIS)
17:00-18:00	<b>FE-5</b>	Physical Exercise (VELO), day 3
17:20-17:40	FE-4	Marangoni Inside (MI) Core Repair Setup
17:20-18:50	FE-6	ARED Physical Exercise
17:30-19:00	<b>CDR</b>	Physical Exercise (TVIS) day 2
18:00-18:05	<b>FE-5</b>	Elektron-VM Aerosol Filter Inspection
18:10-18:15	FE-2	MPC Power Up
18:30-19:00	FE-2, <b>FE-3</b>	Evening Work Prep
18:40-18:55	FE-4	Marangoni Core Installation
18:50-18:55	FE-6	ISS File Server Reboot
18:55-19:00	FE-4, FE-6	Evening Work Prep
19:00-19:50	FE-4	Pre-Sleep
19:00-21:00	<b>CDR, FE-2, FE-3, FE-5, FE-6</b>	Pre-sleep
19:50-20:05	FE-4	Private Family Conference
20:05-21:00	FE-4	Pre-sleep
21:00-06:00		SLEEP
<b>Task List</b>	<b>FE-5</b>	Window Inspection in SM, DC1, MRM2

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