

Radiogram No. 9503u

Form 24 for 01/31/2009

**CREW OFF DUTY**

GMT	CREW	ACTIVITY
06:00-06:10		Morning Inspection
06:10-06:40		Post-sleep
06:40-07:30		BREAKFAST
07:30-07:35	FE-2	SLEEP Data Logging
07:30-10:30	FE-1	Weekly Housekeeping Cleaning FGB ВПхО, ФC5, ФC6, ФC9, ВПpK, FGB ЦB2 screens
07:30-07:35	CDR	SLEEP Data Logging
08:20-09:15		Bracelet SDTO Setup
09:10-09:15	FE-2	Bracelet – preparation
09:15-10:15	CDR	BRASLET-operator
09:15-10:15	FE-2	BRASLET scanning (SDTO)
10:20-11:50		Physical Exercise (ARED)
10:30-12:00	FE-1	Physical Exercise (TVIS) day 3
10:50-10:55	CDR	BRASLET preparation
10:55-11:20		BRASLET scanning (SDTO)
11:20-11:25		BRASLET donning (SDTO)
11:30-11:55		BRASLET scanning (SDTO)
11:50-11:55	FE-2	BRASLET cuff release
11:55-12:55		Physical Exercise (CEVIS)
11:55-12:15	CDR	BRASLET stowage
12:15-12:30	FE-1	Private Psychological Conference ( <i>VHF</i> )
13:00-14:00		LUNCH
14:00-14:30		Weekly Planning Conference ( <i>S-band</i> )
14:30-14:35	FE-2	EXPRESS Rack 6 Potable Water Dispenser. Iodinated Ambient Water flush
14:35-15:15	FE-1	COX Maintenance
16:25-17:55	CDR	Physical Exercise (ARED)
16:55-17:55	FE-1	Physical Exercise (VELO), day 3
17:55-18:15		Preparation of equipment and software for HAM radio session
18:15-18:25	CDR, FE-1	HAM radio session with students from Montreal, Canada
18:30-19:30	CDR	Physical Exercise (TVIS)
19:30-20:00		DINNER
20:00-20:30		Daily Food Prep
20:30-21:30		Pre-sleep
21:30-06:00		SLEEP
<b>Task List</b>	FE-1	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.
- End of Radiogram