

Radiogram No. 9815u

Form 24 for 07/26/2012

RELAXATION EXPERIMENT

GMT	CREW	ACTIVITY
06:00-06:10	CDR, FE-4	Morning Inspection
06:00-06:10	FE-2	Morning Inspection. <i>SM ПСС [Caution & Warning Panel] Test</i>
06:00-06:05	FE-6	Urine Collection - Closeout Ops
06:00-06:05	FE-3, FE-5	Reaction Self Test
06:05-06:15	FE-3, FE-5	Morning Inspection
06:05-06:10	FE-6	Urine Spot Test
06:10-06:30	FE-6	HRF Urine Sample Collection Subject
06:10-06:40	CDR, FE-2, FE-4	Post-sleep
06:15-06:45	FE-3, FE-5	Post-sleep
06:30-06:35	FE-6	HRF Urine Sample Insertion Into MELFI
06:35-07:05	FE-6	HRF Refrigerated Centrifuge Setup
06:40-07:30	CDR, FE-2, FE-4	BREAKFAST
06:45-07:35	FE-5	BREAKFAST
06:45-07:05	FE-3	BREAKFAST
07:05-07:25	FE-6	HRF Sample Collection
07:05-07:20	FE-3	HRF Sample Collection
07:20-07:50	FE-3	BREAKFAST
07:25-07:30	FE-6	Reaction Self Test
07:30-07:45	FE-6	HRF Refrigerated Centrifuge Configure
07:30-07:50	CDR, FE-2, FE-4	Work Prep
07:35-07:50	FE-5	Work Prep
07:50-08:15		Daily Planning Conference (<i>S-band</i>)
08:15-08:40	FE-5	Payload Application Load
08:15-08:35	CDR	Tightening QD Screw Clamps from ATV
08:15-08:25	FE-6	HRF Refrigerated Centrifuge Spin Terminate
08:15-09:15	FE-3	Physical Exercise T 2
08:15-08:25	FE-2	Private conference with physical exercise specialist (<i>S-band</i>)
08:25-08:35	FE-4	Private conference with physical exercise specialist (<i>S-band</i>)
08:25-11:15	FE-2	Inspection and Photography of SM Windows #08, 12, 26
08:25-08:35	FE-6	Nutrition and Repository Blood Sample Insertion into MELFI
08:35-08:45	CDR	Private conference with physical exercise specialist (<i>S-band</i>)
08:35-08:45	FE-6	Morning Inspection
08:40-08:50	FE-5	Ultrasound 2. Hardware Activation
08:45-09:15	FE-6	Post-sleep
08:45-10:25	CDR	RELAKSATSIIYA Hardware Setup. <i>Tagup with specialists (S-band)</i>
08:50-09:15	FE-5	Sprint Ultrasound 2 Pre-Scan
08:50-08:55	FE-4	Photo/TV Camcorder Setup Verification

08:55-10:05	FE-4	Physical Exercise (ARED)
09:15-09:35	FE-3	SPRINT Ultrasound 2 - Assistance
09:15-09:35	FE-5	Sprint Ultrasound 2 Pre-Scan
09:15-10:05	FE-6	BREAKFAST
09:35-10:45	FE-5	Sprint Ultrasound 2 Post-Scan
10:05-10:25	FE-4	ИК ИК0501 Gas Analyzer O2 Sensor Adjustment (Uout O2 = 2.9 V). Use ИГ-3 #011(CM1PO_4_449_1, 00045015R, bag 363-25). <i>Tagup with specialists (S-band)</i>
10:05-11:35	FE-6	Physical Exercise (ARED)
10:15-10:20	FE-3	RWS Cable Checkout
10:20-10:25	FE-3	Connecting DCP Power Cable
10:25-11:25	CDR	RELAKSATSIYAActivation, Mode Selection, and Observation. <i>Tagup with specialists (S-band)</i>
10:25-10:55	FE-4	Crew time for ISS adaptation and orientation
10:25-11:25	FE-3	Centerline Berthing Camera System (CBCS) Installation and Checkout
10:45-10:55	FE-5	Ultrasound 2 - Data Downlink
10:55-11:55	FE-5	Physical Exercise T2
10:55-12:55	FE-4	СБМП Photo in SM
11:15-11:40	FE-2	Inspection and Photography of SM Windows 08, 12, 26 - prep for downlink
11:25-11:55	FE-3	Video Camera Calibration
11:25-12:55	CDR	Physical Exercise (TVIS), Day 3
11:35-11:40	FE-6	PROK Diet Logfile and PH Logsheet Photography
11:40-11:45	FE-2	Photo/TV Camcorder Setup Verification
11:45-12:55	FE-2	Physical Exercise (ARED)
11:55-12:55	FE-6, FE-3, FE-5	DOUG Software Review
12:55-13:40		ISS Emergency Proficiency OBT
13:40-13:50		ISS Emergency OBT Debrief
13:50-14:50	CDR, FE-2, FE-4, FE-6, FE-3	LUNCH
13:50-14:00	FE-5	LUNCH
14:00-14:05	FE-5	ISS HAM Radio Setup in Service Module
14:05-14:20	FE-5	ISS HAM Radio Session from SM
14:20-14:50	FE-5	LUNCH
14:50-15:05		Emergency Procedure Training Conference (S-band)
15:05-15:15	FE-5	Ultrasound Hardware Power Off
15:05-15:35	CDR	RELAKSATSIYA. Data Copy and Hardware Removal
15:05-15:50	FE-3	Node 1, Node 2, and Node 3 Bacteria Filter Cleaning
15:05-15:20	FE-2	ИП-1 Flow Sensor Position Verification
15:05-17:05	FE-4	BAR Experiment Ops / <i>Tagup with specialists (S-band)</i> / r/g 9833
15:10-16:10	FE-6	Crew Time for ISS Adaptation and Familiarization
15:20-15:55	FE-5	Acoustic Dosimeter Stow

15:20-15:40	FE-2	MATRYOSHKA-R. Monitoring Lulin-5 readings
15:35-16:15	CDR	COЖ Maintenance
15:40-16:30	FE-2	Download Pille Dosimeter Readings
15:50-17:20	FE-3	Physical Exercise (ARED)
15:55-16:10	FE-5	Journal Entry
16:10-16:15	FE-5	Stow Video Equipment Used for ARED Exercise Video
16:10-16:40	FE-6	ICV Ambulatory Monitoring End
16:15-17:15	CDR	Answers to the Questions from AiF-Yug Newspaper
16:15-16:35	FE-5	HTV Vestibule Outfitting Kit (VOK) Gather
16:30-17:45	FE-2	Physical Exercise (TVIS), Day 2
16:35-16:45	FE-5	Closing USOS Window Shutters
16:40-17:00	FE-6	HRF - Stow Urine Collection Equipment
16:45-17:20	FE-5	Evening Work Prep
17:00-17:30	FE-6	HRF Blood Collection Hardware Stowage
17:05-17:25	FE-4	Crew time for ISS adaptation and orientation
17:15-18:15	CDR	Physical Exercise (VELO), Day 3
17:20-17:35	FE-3	IMS and Stowage Conference
17:20-18:50	FE-5	Physical Exercise (ARED)
17:25-17:35	FE-4	Evening Work Prep
17:30-18:30	FE-6	Physical Exercise T2
17:35-17:50	FE-3	Journal Entry
17:35-18:50	FE-4	Physical Exercise (TVIS), Day 3
17:45-18:05	FE-2	IMS Update
17:50-18:20	FE-3	HTV Hardware Command Panel (HCP) Setup
18:05-18:50	FE-2	Evening Work Prep
18:15-18:50	CDR	Evening Work Prep
18:20-18:40	FE-3	HCP Check
18:30-18:50	FE-6	Evening Work Prep
18:40-18:50	FE-3	Evening Work Prep
18:50-19:10		Flight Director / ISS Crew Tagup (<i>S-band</i>)
19:10-19:25	CDR, FE-2, FE-4, FE-6, FE-5	Pre-sleep
19:10-19:15	FE-3	P/TV Playback Start
19:15-19:25	FE-3	Pre-sleep
19:25-19:50		Daily Planning Conference (<i>S-band</i>)
19:50-21:20	FE-3	Pre-sleep
19:50-21:30	CDR, FE-2, FE-4	Pre-sleep
19:50-21:25	FE-6, FE-5	Pre-sleep
21:20-21:25	FE-3	Reaction Self Test
21:25-21:30	FE-3	P/TV Playback Stop
21:25-21:30	FE-5, FE-6	Reaction Self Test

21:30-06:00		SLEEP
Task List	CDR, FE-2	Preparation of reports for Roskosmos site
	CDR, FE-4	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 ops: daily food prep, dinner, pre-sleep
- End of Radiogram