

Radiogram No. 3430u

Form 24 for 06/27/2010

CREW OFF DUTY

GMT	CREW	ACTIVITY
06:00-06:05	FE-4	Pro K Crew Urine pH Spot Test
	FE-2	REACTION Self Test
	CDR	Elektron-VM Aerosol Filter Inspection
	FE-6	Pro K Crew Urine pH Spot Test
06:00-06:10	FE-3,FE-5	Morning Inspection
06:05-06:10	CDR,FE-2,FE-6	
06:05-06:25	FE-4	FE-4 Urine Collection
06:10-06:40	CDR,FE-2,FE-3,FE-5,FE-6	Post-sleep
06:25-06:35	FE-4	HRF Urine Sample MELFI Insertion
06:35-06:45		Morning Inspection
06:40-07:30	CDR,FE-2,FE-3,FE-5,FE-6	BREAKFAST
06:45-07:15	FE-4	Post-sleep
07:15-08:05		BREAKFAST
08:40-10:10	CDR	Physical Exercise (TVIS), Day 2
09:00-10:00	FE-5	Physical Exercise (ARED)
	FE-2	Physical Exercise T 2
10:00-11:30	FE-5	Physical Exercise (TVIS), Day 4
	FE-2	Physical Exercise (ARED)
10:00-10:20	FE-4	FE-4 Urine Collection
10:20-10:25		HRF Urine Sample Insertion into MELFI
10:30-11:30	FE-6	Physical Exercise T 2
11:00-12:00	FE-3	Physical Exercise (VELO), Day 3
11:30-13:00	FE-4	Physical Exercise (ARED)
11:50-12:05	FE-5	Private Family Conference (<i>Ku+S-band</i>)
12:20-13:00	CDR	COЖ Maintenance. Inspection of CPB-K2M hose between MΦ-P and БПЖ separator SM and FGB Flush Counter (CП), Water Supply System (CBO), Potok Air Purification System Data Calldowns
13:00-14:00		LUNCH
14:00-14:05	FE-6	PROK Diet Logging (Day 1)
14:00-14:05	FE-4	PROK Diet Logging (Day 2-4)
14:05-14:15		HRF Blood Collection Hardware Setup
14:15-14:35		HRF FE-4 Urine Collection
14:35-14:40		HRF Urine Sample Insertion into MELFI
14:50-15:05	FE-5	Private Psychological Conference (<i>VHF</i>)
15:00-16:00	CDR	Physical Exercise (ARED)
16:00-17:30	FE-6	

16:15-16:30	CDR,FE-3,FE-5	Ham Radio Session
16:25-16:40	FE-4	Private Family Conference
16:28-17:58	FE-3	Physical Exercise (TVIS), Day 3
16:45-17:05	FE-2	CSLM2 Operations Preparation
17:05-17:20		CSLM2 Activation
17:10-17:25	FE-4	Private Family Conference
17:30-18:30		Physical Exercise T 2
17:43-17:58	CDR	Setting up hardware for TV greeting / (To = 17:41, T1, T2, T3 from СПП)
17:58-18:08	CDR,FE-3,FE-5	ISS-MCC-M TV. TV Greeting to Russian Youth Forum Seliger 2010
18:30-18:50	FE-4	FE-4 Urine Collection
18:35-18:40	CDR	Elektron-VM Aerosol Filter Inspection
18:40-18:55	CDR,FE-2,FE-3,FE-5,FE-6	Evening Work Prep
18:50-18:55	FE-4	HRF Urine Sample Insertion into MELFI
18:55-19:20		Daily Planning Conference (<i>S-band</i>)
19:20-19:30		Evening Work Prep
19:30-19:35	FE-2	REACTION Self Test
19:30-21:30	CDR,FE-3,FE-4,FE-5,FE-6	Pre-sleep
19:35-21:30	FE-2	
21:30-06:00		SLEEP

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