

Radiogram No. 3631u

Form 24 for 07/19/2010

YC23 HEALTH CHECK. ВД-CY MODE OFF/ON WITHOUT БИТС POWER CYCLING.

GMT	CREW	ACTIVITY
06:00-06:05	FE-3	Morning Inspection. Inspection of CM-Y connector on MHP-HC pump behind ACY panel 139.
06:00-06:05	FE-5	Morning Inspection.
06:00-06:10	FE-2	Morning Inspection
06:00-06:05	CDR	Elektron-VM Aerosol Filter Inspection
06:00-06:05	FE-4	REACTION Self Test
06:00-06:05	FE-6	REACTION Self Test
06:05-06:10	FE-4,FE-6	Morning Inspection
06:05-06:15	CDR,FE-3,FE-5	Calf Volume Measurement
06:10-06:45	FE-6	Post-sleep
06:10-06:35	FE-2	Post-sleep
06:10-06:40	FE-4	Post-sleep
06:15-06:30	CDR	Post-sleep
06:15-06:25	FE-5	Post-sleep
06:15-06:25	FE-3	MO-8. Setup
06:25-06:50	FE-3	Post-sleep
06:25-06:30	FE-5	Body Mass Measurement
06:30-06:40	FE-5	Post-sleep
06:30-06:35	CDR	Body Mass Measurement
06:35-06:40	CDR	Post-sleep
06:35-06:40	FE-2	Body Mass Measurement
06:40-06:45	FE-4	Body Mass Measurement
06:40-07:30	CDR	BREAKFAST
06:40-07:30	FE-2, FE-5	BREAKFAST
06:45-06:50	FE-6	Body Mass Measurement
06:45-07:30	FE-4	BREAKFAST
06:50-07:30	FE-6	BREAKFAST
06:50-06:55	FE-3	Body Mass Measurement
06:55-07:05	FE-3	MO-8. Cleanup
07:05-07:30	FE-3	BREAKFAST
07:30-07:55	.	Daily Planning Conference (<i>S-band</i>)
07:55-08:05	FE-2	Work Prep
07:55-08:15	CDR,FE-3,FE-4,FE-5,FE-6	Work Prep
08:05-08:10	FE-2	OGC Temperature Equalization
08:10-08:40	FE-2	EMU Battery Repair
08:15-09:05	CDR	URAGAN. Observation and Photography using FSS
08:15-08:25	FE-3	BAR. Terminate Pyren Charge
08:25-09:55	FE-4	Physical Exercise (ARED)
08:30-09:00	FE-3	ПхО EVA Support Panel (ПОВ) Test. <i>Tagup with specialists</i>
08:30-09:00	FE-5	DC1 EVA Support Panel (ПОВ) Test. <i>Tagup with specialists</i>

08:40-09:00	FE-2	Start BSA Battery Charge
08:45-09:00	FE-6	MSG/SAME Daily Startup Steps 1 and 2
09:00-09:15	FE-6	SPHERES Payload Review
09:00-09:10	FE-2	EHS GC/DMS Ops Start
09:00-10:10	FE-5	Standalone Vacuum Valve Group ББК #68 Test From Vozdukh Control Panel ПК COA. <i>Tagup with specialists (S-band)</i>
09:05-10:05	CDR	Physical Exercise (VELO)
09:15-09:30	FE-6	SPHERES Crew Conference
09:25-10:25	FE-2	Physical Exercise (CEVIS)
09:30-11:30	FE-3	Relocation of Russian Cargo from FGB ГА to MRM1 with IMS support
09:30-13:00	FE-6	SPHERES Session
09:55-10:05	FE-4	SCOF Cable Connection
10:05-11:05	FE-4	EMU Caution and Warning Simulator (ECWS) Onboard Trainer
10:10-11:40	FE-5	Physical Exercise (TVIS), Day 1
10:20-11:00	CDR	COЖ Maintenance
10:25-11:55	FE-2	Physical Exercise (ARED)
11:00-11:10	CDR	URAGAN. FSS PL Battery Charge (start)
11:05-12:20	FE-4	Kids in Micro-G Experiment Prep
11:10-11:40	CDR	SEINER Ocean Observations
11:30-13:00	FE-3	Physical Exercise (TVIS), Day 1
11:40-12:30	CDR	Photo/Video Chronicle of ISS Payloads
11:40-12:35	FE-5	MATRYOSHKA-R. BUBBLE-Dosimeter Retrieval And Readout
11:55-12:25	FE-2	Crew Medical Officer (CMO) Proficiency Training
12:20-12:25	FE-4	Kids in Micro-G Video Setup
12:25-12:45	FE-2	Kids in Micro-G Experiment Assistance
12:25-12:55	FE-4	Kids in Micro-G Experiment Ops
12:35-12:55	FE-5	IMS Update
12:45-12:55	FE-2	EHS Total Organic Carbon Analyzer (TOCA) Prime
13:00-14:00	.	LUNCH
14:00-15:05	FE-5	MRM1 Fan Screen Cleaning (group B)
14:00-14:10	CDR	Monitoring Secondary Purification Unit Temperature After Elektron Activation
14:00-14:10	FE-2	WRS Water Sample Analysis
14:00-14:05	FE-4	KIDS-MPC Activation
14:10-14:15	FE-2	EHS GC/DMS Ops Terminate
14:10-16:40	CDR,FE-3	BAR Experiment Ops
14:15-16:15	FE-2,FE-4	EMU Resize
14:15-14:30	FE-6	Private Medical Conference
14:30-15:30	FE-6	ICV Data Download
15:05-15:50	FE-5	Install Soyuz 229 БП Instrumentation Box to its nominal location and properly connect bonding straps
15:30-17:00	FE-6	Physical Exercise (ARED)
15:50-16:50	FE-5	Physical Exercise (VELO), Day 1
16:15-16:20	FE-4	KIDS-MPC Deactivation
16:40-18:10	CDR	Physical Exercise (TVIS), Day 4
16:40-16:50	FE-2	TOCA 2 Data Recording
16:50-17:50	FE-4	Physical Exercise (T2)

17:00-18:00	FE-3	Physical Exercise (VELO), Day 1
17:00-18:00	FE-6	Physical Exercise (CEVIS)
17:00-17:10	FE-2	Stow Kubik 3 after completion of Kubik 3 checks
17:00-18:00	FE-5	СКПФ1, СКПФ2 Dust Filter Replacement and MRM1 ГЖТ Cleaning
17:25-17:30	FE-2	Panoptic Video Setup
17:40-17:55	FE-2	OGA Hydrogen Dome Stow
17:50-18:05	FE-4	Private Medical Conference
18:00-18:15	FE-6	Integrated Cardiovascular Ambulatory Data Download Conclude
18:00-18:30	FE-3	Crew Medical Officer (CMO) Proficiency Training
18:10-18:35	CDR	Evening Work Prep
18:15-18:25	FE-6	T2 Snubber Arm Inspection
18:20-18:35	FE-2	HMS PanOptic Installation
18:20-18:40	FE-5	Evening Work Prep
18:25-18:35	FE-6	Evening Work Prep
18:30-18:40	FE-3	Evening Work Prep
18:35-18:40	CDR	Elektron-VM Aerosol Filter Inspection
18:35-18:40	FE-6	MSG/Smoke Aerosol Measurement Experiment Daily Shutdown
18:40-19:05	.	Daily Planning Conference (<i>S-band</i>)
19:05-19:30	CDR,FE-3,FE-4,FE-5,FE-6	Evening Work Prep
19:20-19:30	FE-2	Evening Work Prep
19:30-21:30	FE-3,FE-5	Pre-sleep
19:30-19:35	FE-4	REACTION Self Test
19:30-21:20	CDR	Pre-sleep
19:30-19:35	FE-6	REACTION Self Test
19:30-19:35	FE-2	HMS PanOptic Exam Preparation
19:35-19:40	FE-6	MPC Power Up
19:35-20:05	FE-2,FE-4	Pre-sleep
19:40-21:25	FE-6	Pre-sleep
20:05-20:35	FE-2,FE-4	Conduct PanOptic Exam
20:35-21:05	FE-2	Pre-sleep
20:35-21:15	FE-4	Pre-sleep
21:15-21:30	FE-2	Pan Optic Hardware Stowage and Data Downlink
21:20-21:30	CDR	URAGAN. FSS Battery Charging (terminate)
21:25-21:30	FE-6	MPC Power Down
21:25-21:30	FE-4	Panoptic Video Stow
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