

Radiogram No. 6613u

Form 24 for 11/29/07

**Health Status**

GMT	CREW	ACTIVITY
06:00-06:10	CDR, FE-2	Morning Inspection
06:00-06:10	FE-1	SONOCARD. Experiment (termination)
06:10-06:20		MO-8. Set-up
06:10-06:20	CDR	Calf volume measurement
06:10-06:30	FE-2	Post-sleep
06:20-06:35	CDR	Body mass measurement
06:20-06:30	FE-1	Calf volume measurement
06:30-06:40	FE-2	
06:30-06:40	FE-1	Morning Inspection
06:35-07:05	CDR	Post-sleep
06:40-06:55	FE-1	
06:40-06:55	FE-2	Body mass measurement
06:55-07:10	FE-1	
06:55-07:05	FE-2	Post-sleep
07:05-07:55	CDR, FE-2	BREAKFAST
07:10-07:20	FE-1	MO-8. Close-out ops
07:20-07:30		Post-sleep
07:30-08:20		BREAKFAST
07:55-08:20	CDR, FE-2	Prep for Work
08:20-08:35		Daily Planning Conference ( <i>S-band</i> )
08:35-08:50	FE-2	CSLM2 - Close Vacuum Vent 3
08:35-09:35	CDR	Physical Exercise (TVIS)
08:35-08:50	FE-1	IRIDIUM phone charging setup, start charge <i>Tagup with specialists (as necessary)</i>
08:50-09:05		IMS tagup ( <i>S-band</i> )
08:55-09:55	FE-2	Physical Exercise (CEVIS)
09:05-09:10	FE-1	IRIDIUM phone charging - status check
09:10-09:25		SONOCARD. Copy data on RSE-MED Laptop
09:25-09:30		IRIDIUM phone charging - status check
09:35-11:05	CDR	Physical Exercise (RED)
09:45-09:50	FE-1	IRIDIUM phone charging - status check
09:50-10:00		IRIDIUM phone charging - terminate charge,
09:55-10:10	FE-2	CSLM2 - Open Vacuum Vent 4
10:00-12:30	FE-1	PROFILAKTIKA. Cycle Ergometer experiment. <i>Tagup with specialists (S-band)</i>
10:15-10:30	FE-2	Stow video equipment used for video imagery of exercise on TVIS
10:30-10:35		Recording TVIS Video to VTR
11:45-13:15		Physical Exercise (RED)
12:35-12:55	CDR, FE-1	Viewing RPM video
12:55-13:25		Photo skills training for the Shuttle R-Bar Pitch Maneuver
13:15-13:55	FE-2	COX Maintenance
13:25-13:55	FE-1	Counter Measure System (CMS) Harmful Contaminant measurements in SM. <i>Tagup with specialists (as necessary) (S-band)</i>
13:25-13:30	CDR	P/TV Image downlink
13:30-13:50		DCS blank photos

13:50-13:55		PHA QD demate
13:55-14:55		LUNCH
14:55-15:40		Emergency Response to Fire On-board ISS drill. <i>Tagup with specialists (S-band)</i>
15:40-17:10		Emergency New Module OBT
17:10-17:25		Fire Emergency OBT <i>(S-band)</i>
17:25-18:10	FE-2	Replacement internal air circulation Humidity and temperature control unit
17:25-17:40	FE-1	IMS update
17:25-17:55	CDR	ISS video tour for 1E crew
17:55-18:35	FE-1	Prep for Work
18:00-18:10	CDR	CWC audit
18:10-18:20	FE-2	MELFI Stage 10A Icepack Insertion
18:10-18:15	CDR	Transfer TVIS/RED/CEVIS/HRM data to MEC
18:15-18:35	CDR	Prep for Work
18:20-18:35	FE-2	
18:35-18:50		Daily Planning Conference <i>(S-band)</i>
18:50-19:10		Prep for Work
19:10-19:25		Pre-sleep
19:25-19:45		Crew Conference with Astronaut Office management <i>(S-band)</i>
19:45-20:15		DINNER
20:15-20:45		Daily food prep
20:45-21:30		Pre-sleep
21:30-06:00		SLEEP

**Note:** 1. See OSTP for references to US activities.

2. SM Window #9 shutter opening is at crew discretion

End of Radiogram