

Radiogram No. 4976u

Form 24 for 12/28/2010

**FGB ТБГ(О) Fuel (Oxidizer) Tanks 1-4 Refill from Refueling System and Progress 408 Combined Propulsion System (КДУ) Section 1**

| GMT         | CREW  | ACTIVITY  |
|-------------|---|---|
| 06:00-06:10 | <b>FE-1, FE-2</b>   | Morning Inspection  |
| 06:00-06:05 | FE-5  | PROK- PH Urine Test   |
| 06:00-06:05 | <b>FE-4</b>   | Elektron-VM Aerosol Filter Inspection   |
| 06:00-06:05 | CDR, FE-6   | Self-test   |
| 06:05-06:10 | FE-5  | Self-test   |
| 06:05-06:10 | CDR, <b>FE-4</b> ,<br>FE-6                                | Morning Inspection  |
| 06:10-06:40 | CDR, FE-6   | Post-sleep  |
| 06:10-06:20 | <b>FE-4</b> , FE-5  | Post-sleep  |
| 06:10-06:20 | <b>FE-1, FE-2</b>   | Hematocrit Test   |
| 06:20-06:30 | <b>FE-4</b> , FE-5  | Hematocrit Test   |
| 06:20-06:40 | <b>FE-2</b>   | Post-sleep  |
| 06:20-06:30 | <b>FE-1</b>   | Post-sleep  |
| 06:30-06:35 | <b>FE-1</b>   | Hematocrit Equipment Stowage  |
| 06:30-06:40 | <b>FE-4</b> , FE-5  | Post-sleep  |
| 06:35-07:30 | <b>FE-1</b>   | BREAKFAST   |
| 06:40-07:30 | CDR, <b>FE-2</b> ,<br><b>FE-4</b> , FE-5,<br>FE-6         | BREAKFAST   |
| 07:30-07:45 | FE-6  | Prep for Work   |
| 07:30-07:50 | CDR, <b>FE-1</b> ,<br><b>FE-2</b> , <b>FE-4</b> ,<br>FE-5 | Prep for Work   |
| 07:45-07:50 | FE-6  | Set up video equipment to film ARED exercise  |
| 07:50-08:15 |   | Daily Planning Conference ( <i>S-band</i> )   |
| 08:15-09:15 | CDR, FE-5,<br>FE-6  | Crew Handover   |
| 08:15-09:15 | <b>FE-2</b>   | ARED Physical Exercise  |
| 08:15-09:45 | <b>FE-4</b>   | Physical Exercise (TVIS), day 1   |
| 08:15-08:25 | <b>FE-1</b>   | BAR. Terminate Kelvin Charging  |
| 08:25-10:25 | <b>FE-1</b>   | BAR. Taking Kelvin-video measurements in MRM2. Data downlink <i>Tagup with specialists (S-band)</i> |
| 09:15-10:15 | FE-5  | Crew time for ISS adaptation and orientation  |
| 09:15-09:20 | CDR   | MEAS Experiment Unit Attachment to CBEF IU MICRO-G  |
| 09:15-10:45 | FE-6  | ARED Physical Exercise  |
| 09:20-09:25 | CDR   | MEAS Exp Unit Attachment to CBEF IU MICRO-G   |
| 09:25-09:35 | CDR   | T2 Tool Search  |
| 09:40-10:00 | <b>FE-2</b>   | ECLIPSE-BEACON [ТЕХЬ-МАЯК] Sequence setup and start   |
| 09:45-10:45 | CDR   | Physical Exercise (CEVIS)   |
| 09:45-10:00 | <b>FE-4</b>   | Private Family Conference ( <i>Ku + S-band</i> )  |

|             |                                       |  |
|-------------|---------------------------------------|--|
| 10:00-13:00 | <b>FE-2, FE-4</b>                     | EVA-27 procedures and preliminary timeline review, watching DVD /                            |
| 10:25-11:55 | <b>FE-1</b>                           | Physical Exercise (TVIS), day 4  |
| 10:45-11:45 | FE-6                                  | Crew time for ISS adaptation and orientation   |
| 10:45-12:15 | CDR                                   | ARED Physical Exercise   |
| 10:55-11:55 | FE-5                                  | Physical Exercise (CEVIS)  |
| 11:55-12:55 | FE-5                                  | US Sound Level Meter (SLM) Setup and Acoustic Survey   |
| 12:00-12:20 | <b>FE-1</b>                           | БСПН Software Upgrade on БСПН HDD Primary Partition /  |
| 12:15-12:30 | CDR                                   | ARED Flywheel Cylinder Evacuation  |
| 12:15-12:45 | FE-6                                  | WHC - EDV Prep   |
| 12:20-13:00 | <b>FE-1</b>                           | COЖ Maintenance  |
| 12:30-12:50 | CDR                                   | BCAT5 Camera Check Without SSC   |
| 12:45-13:00 | FE-6                                  | Private Psychological Conference   |
| 12:55-13:55 | FE-5                                  | LUNCH  |
| 13:00-14:00 | CDR, <b>FE-1, FE-2, FE-4,</b><br>FE-6 | LUNCH  |
| 13:55-14:00 | FE-5                                  | PRO K Diet Logging Day 4   |
| 14:00-15:00 | CDR, FE-5,<br>FE-6                    | Crew Handover  |
| 14:00-17:00 | <b>FE-2, FE-4</b>                     | Locate EVA-27 Hardware and Tools. <i>Tagup with specialists (S-band)</i>                     |
| 14:00-16:00 | <b>FE-1</b>                           | BAR. Taking AY-1 measurements in MRM1. Data downlink. <i>Tagup with specialists (S-band)</i> |
| 15:00-15:05 | CDR                                   | Meas - Remove B unit from CBEF IU Micro-G  |
| 15:00-15:10 | FE-6                                  | ICV Review   |
| 15:00-15:10 | FE-5                                  | ICV Review (Operator)  |
| 15:05-15:10 | CDR                                   | MEAS Exp Unit Attachment To CBEF IU MICRO-G  |
| 15:10-15:20 | FE-6                                  | ICV Review   |
| 15:10-15:40 | FE-5                                  | ICV Review   |
| 15:10-15:25 | CDR                                   | Private Psychological Conference   |
| 15:20-16:20 | FE-6                                  | Physical Exercise (CEVIS)  |
| 15:25-15:55 | CDR                                   | Water Container Transfer   |
| 15:45-16:00 | FE-5                                  | Private Medical Conference   |
| 16:10-16:20 | FE-5                                  | PAO Hardware Setup   |
| 16:10-16:20 | CDR                                   | PHS Equipment Setup  |
| 16:15-17:15 | <b>FE-1</b>                           | Physical Exercise (VELO) Day 4   |
| 16:20-16:30 | CDR, FE-5,<br>FE-6                    | Crew Prep for PAO  |
| 16:30-16:50 | CDR, FE-5,<br>FE-6                    | PAO Event  |
| 16:50-18:10 | CDR                                   | Bridge Bracket Installation  |
| 16:50-18:05 | FE-6                                  | VO2max PFS Setup   |
| 16:50-16:55 | FE-5                                  | PAO Hardware Deactivation  |
| 16:55-18:25 | FE-5                                  | ARED Physical Exercise   |

|             |                         |   |
|-------------|-------------------------|---|
| 17:00-17:15 | <b>FE-4</b>             | RUSALKA Battery Charge (start)                        |
| 17:10-17:25 | <b>FE-2</b>             | Private Medical Conference ( <i>Ku + S-band</i> )     |
| 17:15-18:15 | <b>FE-4</b>             | Physical Exercise (VELO) Day 1                        |
| 17:25-18:55 | <b>FE-2</b>             | Physical Exercise (TVIS), day 1                       |
| 17:35-17:55 | <b>FE-1</b>             | IMS Update  |
| 17:55-18:10 | <b>FE-1</b>             | Private Medical Conference ( <i>Ku + S-band</i> )     |
| 18:05-18:45 | FE-6                    | VO2max Crew Mixing Bag System Setup                   |
| 18:10-18:40 | CDR                     | CWC-I - Water De-Gas                                  |
| 18:15-18:30 | <b>FE-4</b>             | Private Medical Conference ( <i>Ku + S-band</i> )     |
| 18:25-18:45 | FE-5                    | HRF Urine Collection Setup                            |
| 18:40-18:45 | <b>FE-4</b>             | Elektron-VM Aerosol Filter Inspection                 |
| 18:40-19:05 | <b>FE-1</b>             | Evening Work Prep                                     |
| 18:45-19:05 | <b>FE-4, FE-5, FE-6</b> | Evening Work Prep                                     |
| 18:45-18:55 | CDR                     | Meas - Remove B unit from CBEF IU Micro-G             |
| 18:55-19:05 | CDR                     | MEU - Exp Unit Detachment From CBEF IU 1G             |
| 18:55-19:05 | <b>FE-2</b>             | Evening Work Prep                                     |
| 19:05-19:30 | .                       | Daily Planning Conference ( <i>S-band</i> )           |
| 19:30-20:00 | <b>FE-1</b>             | Pre-sleep   |
| 19:30-19:35 | CDR                     | MPC Power Up  |
| 19:30-21:20 | <b>FE-2</b>             | Pre-sleep   |
| 19:30-21:30 | <b>FE-4</b>             | Pre-sleep   |
| 19:30-21:25 | FE-5, FE-6              | Pre-sleep   |
| 19:35-21:20 | CDR                     | Pre-sleep   |
| 20:00-20:10 | <b>FE-1</b>             | BAR. Terminate Kelvin Charging                        |
| 20:10-21:30 | <b>FE-1</b>             | Pre-sleep   |
| 21:20-21:30 | <b>FE-2</b>             | ECLIPSE-BEACON [ТЕХЬ-МАЯК] Experiment Run Termination |
| 21:20-21:25 | CDR                     | Reaction Self-test                                    |
| 21:25-21:30 | FE-5, FE-6              | Reaction Self-test                                    |
| 21:25-21:30 | CDR                     | MPC Power Down  |
| 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: (daily food prep, dinner, pre-sleep)
4. ECLIPSE-BEACON [ТЕХЬ-МАЯК] **will be using RSK2 and HAM radio between 09:40 and 21:30**

End of Radiogram