

Radiogram No. 1553u

Form 24 for 02/16/2013

STATION HOUSEKEEPING. CREW OFF DUTY

TIME	CREW	ACTIVITY
06:00-06:05	CDR	Reaction Self Test
06:00-06:10	FE-1	Morning Inspection. Reboot Laptop RS2(1)
06:00-06:10	FE-2	Morning Inspection. RSS2 Reboot
06:00-06:10	FE-4	Morning Inspection
06:00-06:05	FE-5	Urine Spot Test
06:00-06:05	FE-6	Urine Spot Test
06:05-06:10	CDR	Morning Inspection
06:05-06:10	FE-5	Reaction Self Test
06:05-06:10	FE-6	Reaction Self Test
06:10-06:40	CDR, FE-1 , FE-2 , FE-4	Post-sleep
06:10-06:20	FE-5, FE-6	Morning Inspection
06:20-06:50	FE-5, FE-6	Post-sleep
06:40-07:30	CDR, FE-1 , FE-2	BREAKFAST
06:40-07:30	FE-4	BREAKFAST. SM ПСС (Caution & Warning Panel) Test (after breakfast)
06:50-07:40	FE-6, FE-5	BREAKFAST
07:30-10:30	CDR	Weekly Housekeeping
07:30-10:30	FE-1	Weekly Housekeeping SM Ventilation Subsystem Preventive Maintenance, Group E FGB LJB2 Fan Cleaning БМП (Micropurification Unit) Fan Grille Cleaning Inspection of Air Conditioner Inspection and Cleaning of Auxiliary Computer System (BKC) Laptops
07:30-09:00	FE-2	Weekly Housekeeping
07:30-07:40	FE-4	BAR Terminate PIREN-V Charge
07:40-10:30	FE-4	Weekly Housekeeping
07:40-10:40	FE-5	Weekly Housekeeping
07:40-10:40	FE-6	Weekly Housekeeping
09:00-10:30	FE-2	Physical Exercise (ARED)
10:30-11:30	CDR	Physical Exercise (CEVIS)
10:30-12:00	FE-2	Weekly Housekeeping
10:30-11:30	FE-4	Physical Exercise (ARED)
10:40-11:40	FE-5	Physical Exercise T2
10:40-10:55	FE-6	JRNL - Journal entry
11:30-13:00	CDR	Physical Exercise (ARED)
11:30-13:00	FE-1	Physical Exercise (VELO), Day 3

12:00-13:00	FE-6	Physical Exercise T2
12:05-12:20	FE-2	Private Family Conference (<i>Ku + S-band</i>)
13:00-13:30		Weekly Planning Conference (<i>S-band</i>)
13:40-14:40		LUNCH
14:40-14:55	CDR	JRNL - Journal Entry
14:40-15:20	FE-1	COX Maintenance
14:40-14:45	FE-5	PROK Diet Logging (Day 2-4)
14:40-14:45	FE-6	PROK Diet Logging (Day 2-4)
14:50-15:00	FE-5	Food Frequency Questionnaire
14:50-15:00	FE-6	Food Frequency Questionnaire
14:55-15:00	CDR	CGBA Status Check and Maintenance
15:00-15:20	CDR	HMS Visual Testing Activity
16:30-18:00	FE-4	Physical Exercise (VELO), Day 2
15:20-15:35	CDR	HRF: Blood draw equipment calibration
16:30-18:00	FE-5	Physical Exercise (ARED)
16:45-17:45	FE-2	Physical Exercise (T2) Day 2
18:30-19:30	FE-1	Physical Exercise (T2) Day 3
18:00-19:30	FE-6	Physical Exercise (ARED)
19:10-19:30	FE-5	Hardware installation
19:30-21:30	FE-1, FE-2, FE-4	Pre-sleep
19:30-21:20	CDR, FE-5	Pre-sleep
19:30-21:25	FE-6	Pre-sleep
21:20-21:25	CDR	HRF: Blood draw reminder
21:20-21:25	FE-5	REMINDER
21:25-21:30	CDR	Reaction Self Test
21:25-21:30	FE-5	Reaction Self Test
21:25-21:30	FE-6	Reaction Self Test
21:30-06:00		SLEEP
Task List	FE-1, FE-2, FE-4	SEINER Ocean Observations
		ECON-M. Observations And Photography
		URAGAN Observations and Photography
		Preparation of reports for Roskosmos site
		Crew views video and exercises donning and purging respirator (perform this procedure twice)

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. **Russian crew uses US exercise equipment strictly per F24 or OSTPV**
5. **No access to OCA 02:00-05:00**

End of Radiogram