

Radiogram No. 4663u  
**FGB Surface Samples**

Form 24 for 11/19/2010

GMT	CREW	ACTIVITY
06:00-06:05	<b>FE-2</b>	Elektron-VM Aerosol Filter Inspection
06:00-06:05	<b>FE-1, FE-3, FE-5, FE-6</b>	Morning Inspection
06:00-06:05	CDR	Integrated Immune Liquid Saliva Sample Collection
06:05-06:30	FE-3	Post-sleep
06:05-06:15	<b>FE-1, FE-2, FE-5</b>	Calf Volume Measurement
06:05-06:10	CDR, FE-6	PROK- PH Urine Test
06:10-06:30	CDR	Urine Sample Collection
06:10-06:25	FE-6	Post-sleep
06:15-06:25	<b>FE-5</b>	MO-8. Setup
06:15-06:45	<b>FE-2</b>	Post-sleep
06:15-06:40	<b>FE-1</b>	Post-sleep
06:25-06:50	<b>FE-5</b>	Post-sleep
06:25-06:30	FE-6	Body Mass Measurement
06:30-06:35	FE-3	Body Mass Measurement
06:30-06:45	FE-6	Post-sleep
06:30-06:35	CDR	HRF Urine Sample Insertion into MELFI
06:35-06:40	CDR	Body Mass Measurement
06:35-07:05	FE-3	BREAKFAST
06:40-06:45	<b>FE-1</b>	Body Mass Measurement
06:40-06:55	CDR	Post-sleep
06:45-06:50	<b>FE-2</b>	Body Mass Measurement
06:45-07:30	<b>FE-1, FE-6</b>	BREAKFAST
06:50-06:55	<b>FE-5</b>	Body Mass Measurement
06:50-07:30	<b>FE-2</b>	BREAKFAST
06:55-07:05	CDR	HRF Refrigerated Centrifuge Setup
06:55-07:30	<b>FE-5</b>	BREAKFAST
07:05-07:20	FE-3	Blood sample draw Operator
07:05-07:25	CDR	Blood sample draw
07:20-07:30	FE-3	BREAKFAST
07:25-07:35	CDR	Post-sleep
07:30-07:45	<b>FE-1, FE-2, FE-3 FE-5, FE-6</b>	ISS Crew Weekly Conference with FOFY Management Team
07:35-07:45	CDR	HRF Refrigerated Centrifuge Configuration
07:45-07:55	<b>FE-5</b>	MO-8. Cleanup
07:45-07:55	<b>FE-1, FE-2, FE-3</b>	Work Prep
07:45-07:55	CDR, FE-6	BREAKFAST
07:55-08:15		Weekly Planning Conference ( <i>S-band</i> )

08:15-10:35	<b>FE-1</b>	TYPOLOGY. Experiment ops by FE-1. <i>Tagup with specialists (S-band)</i>
08:15-08:35	FE-6	VO2max. installation
08:15-08:25	FE-3	CIR Alignment Guide Installation
08:15-09:30	<b>FE-5</b>	PNEUMOCARD Experiment
08:15-08:20	CDR	HRF Refrigerated Centrifuge Configuration
08:20-08:30	CDR	HRF Insertion of Blood Samples into MELFI
08:25-08:35	FE-3	EXPRESS Rack #1: Laptop Computer Pictures
08:30-08:35	CDR	PROK - Historical Documentation Photos
08:35-09:00	<b>FE-2</b>	TYPOLOGY Experiment Assistance
08:35-08:45	FE-6	VO2 Power Up
08:35-09:00	CDR	BREAKFAST
08:45-09:00	FE-6	VO2max Protocol Restore
09:00-10:30	CDR	Crew Departure Prep
09:00-09:10	<b>FE-2</b>	PNEUMOCARD Photography During the Experiment
09:10-12:00	<b>FE-2</b>	Surface samples from FGB equipment and structures
09:15-09:55	FE-6	VO2max. Protocol Preparation
09:30-11:00	<b>FE-5</b>	Physical Exercise (TVIS), Day 4
09:35-09:40	FE-3	Enable power to the Cupola DCP UOP.
09:55-10:35	FE-6	VO2max. Experiment Protocol
10:00-11:30	FE-3	Physical Exercise (ARED)
10:30-11:30	CDR	Physical Exercise T2
10:35-10:45	FE-6	VO2max. Thermolab Closeout Ops
10:40-10:55	<b>FE-1</b>	IMS Tagup ( <i>S-band</i> )
10:45-10:50	FE-6	VO2max. Data downlink
10:50-11:25	FE-6	VO2max. Stow Mixing System
10:55-11:55	<b>FE-1</b>	Physical Exercise (VELO), Day 1
11:30-12:30	FE-3	Physical Exercise (CEVIS)
11:30-12:00	CDR, <b>FE-5</b> , FE-6	Sokol Suit Leak Check in Soyuz 229
11:55-12:15	<b>FE-1</b>	On-orbit Hearing Assessment using EARQ
12:00-12:15	CDR, <b>FE-5</b>	Sokol Suit Drying - Set up Suits 1 and 2 for Drying
12:00-13:00	<b>FE-2</b>	Physical Exercise (VELO), Day 1
12:10-12:55	FE-6	VO2max Crew Portable Pulmonary Function System Conclude
12:15-13:00	<b>FE-5</b>	Crew Departure Prep
12:15-12:25	<b>FE-1</b>	CTTC comm assets switchover to a backup string
12:25-12:35	<b>FE-1</b>	VHF2д test from SM using backup strings /
12:55-13:55	FE-6	LUNCH
13:00-14:00	CDR, <b>FE-1</b> , <b>FE-2</b> , FE-3, <b>FE-5</b>	LUNCH
13:55-14:00	FE-6	PROK Diet Logging (Day 2-4)
14:00-16:00	<b>FE-1</b>	Replacing Wring Collector [COT], Pretreat and Water Dispenser (ДКиВ), Indicator, , БД-У

14:00-14:45	<b>FE-5</b>	Soyuz 229 Stowage Operations
14:00-14:05	FE-6	VO2max. System Stowage
14:00-14:40	<b>FE-2</b>	Surface samples from FGB equipment and structures
14:00-14:20	CDR	Urine Sample Collection
14:20-14:25	CDR	HRF Urine Sample Insertion into MELFI
14:25-14:45	CDR	HRF Urine Collection Hardware Stowage
14:30-15:10	FE-3	SSRMS Ops
14:40-15:20	<b>FE-2</b>	COЖ Maintenance
14:45-14:55	<b>FE-5</b>	Terminate Drying Suits 1,2
14:55-15:10	<b>FE-5</b>	Start Drying Spacesuit 3 and Set Up the 1st Pair of Gloves for Drying
15:05-15:35	CDR	Private Medical Conference
15:30-15:50	<b>FE-2</b>	On-orbit Hearing Assessment using EARQ
15:40-15:45	<b>FE-5</b>	Finish Drying the First pair of Gloves and Start Drying the Second Pair
15:45-16:15	CDR	Crew Departure Prep
15:50-16:15	<b>FE-5</b>	On-orbit Hearing Assessment using EARQ
16:00-17:30	<b>FE-2</b>	Physical Exercise (TVIS), Day 1
16:00-16:40	<b>FE-1</b>	MATRYOSHKA-R. BUBBLE-Dosimeter Retrieval And Readout
16:05-16:20	FE-6	IMS Tagup ( <i>S-band</i> )
16:15-16:30	CDR	Food Frequency Questionnaire
16:15-16:20	<b>FE-5</b>	Terminate Drying the Second Pair of Gloves
16:20-17:20	<b>FE-5</b>	Physical Exercise (ARED)
16:20-17:20	FE-6	Physical Exercise T 2
16:40-16:45	CDR	ISS HAM Radio Setup in Service Module
16:45-17:00	CDR	ISS HAM Radio Session From SM
17:00-18:30	<b>FE-1</b>	Physical Exercise (TVIS), Day 1
17:00-18:30	CDR, FE-3	Handover
17:20-18:50	FE-6	Physical Exercise (ARED)
17:30-17:50	<b>FE-2</b>	IMS Update
17:40-17:55	<b>FE-5</b>	Terminate drying 3rd suit, start drying the third pair of gloves
18:10-18:15	<b>FE-2</b>	Elektron-VM Aerosol Filter Inspection
18:15-18:55	<b>FE-2</b>	Evening Work Prep
18:25-18:30	<b>FE-5</b>	Terminate Drying the Third Pair of Gloves
18:30-18:55	CDR, <b>FE-1</b> , FE-3	Evening Work Prep
18:30-18:45	<b>FE-5</b>	Stow Suits and Gloves after Drying
18:45-18:55	<b>FE-5</b>	Evening Work Prep
18:50-18:55	FE-6	Power off Cupola DCP UOP
18:55-19:20		Weekly Planning Conference ( <i>S-band</i> )
19:20-19:30		Evening Work Prep
19:30-20:30	CDR, <b>FE-1</b> , <b>FE-2</b> , FE-3, <b>FE-5</b>	Pre-sleep
19:30-19:35	FE-6	MPC Power Up

19:35-20:30	FE-6	Pre-sleep
20:30-20:45	.	Weekly conference with the Program Management
20:45-21:00	CDR	Pre-sleep
20:45-21:25	FE-6	Pre-sleep
20:45-21:30	<b>FE-1, FE-2, FE-3, FE-5</b>	Pre-sleep
21:00-21:15	CDR	Private Family Conference
21:15-21:30	CDR	Pre-sleep
21:25-21:30	FE-6	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: dinner, daily food prep, evening toilet
- End of Radiogram