

Radiogram No. 4848nu      Form 24 for 12/14/2010 **Updated**  
**CREW HEALTH STATUS Science Experiments**

GMT	CREW	ACTIVITY
06:00-06:05	CDR	SLEEP Data Log Entry
06:00-06:10	FE-1	Morning Inspection
06:00-06:05	FE-2	Elektron-VM Aerosol Filter Inspection
06:05-06:10		Morning Inspection
06:05-06:10	CDR	Reaction Self Test
06:10-06:40	FE-1, FE-2	Post-sleep
06:10-06:20	CDR	Morning Inspection
06:20-06:40		Post-sleep
06:40-07:30		BREAKFAST
07:30-07:50		Work Prep
07:50-08:05		Daily Planning Conference ( <i>S-band</i> )
08:05-08:15		Work Prep
08:15-10:35	FE-1	TYPOLOGY Experiment. <i>Tagup with specialists (S-band)</i>
08:35-08:45	CDR	CIR Alignment Guide Removal
08:35-09:05	FE-2	TYPOLOGY Experiment Assistance
08:50-09:00	CDR	WRS Water Sample Analysis
09:00-10:30		Periodic Fitness Evaluation - Nom Ops (subject)
09:35-10:05	FE-2	Periodic Fitness Evaluation - Nom Ops (assistance)
10:30-11:10		VETEROK Background Measurements In MRM1 Using IKAR-1. <i>Tagup with specialists (S-band)</i>
10:30-12:00	CDR	Physical Exercise (ARED)
10:35-10:50	FE-1	VETEROK Photography
11:05-11:15	FE-1	<b>On MCC GoMate COA Vozdukh BH vacuum pump X9 telemetry connector</b>
11:10-11:50	FE-2	VETEROK Background Measurements In MRM2 Using IKAR-1. <i>Tagup with specialists (S-band)</i>
11:15-11:30	FE-1	VETEROK Photography
11:30-13:00		Physical Exercise (TVIS), Day 2
11:50-12:00	FE-2	Monitoring Secondary Combustion Unit Temperature After Elektron-VM Activation
12:00-13:00	FE-2	Physical Exercise (ARED)
12:00-12:10	CDR	TOCA 2 Data Recording
12:10-12:40		Psychological Evaluation Program (WinSCAT)
12:45-13:15		HTV PROX Hardware Command Panel (HCP) Checkout
13:00-14:00	FE-1, FE-2	LUNCH
13:15-14:15	CDR	LUNCH
14:00-14:40	FE-2	VETEROK Background measurements in SM using IKAR-1. <i>Tagup with specialists (S-band)</i>
14:05-14:20	FE-1	VETEROK Photography
14:15-14:30	CDR	Photography of damaged MSG drawer equipment
14:20-15:40	FE-1	COULOMB CRYSTAL Experiment. <i>Tagup with specialists (S-band)</i>

14:30-14:45	CDR	SPHERES Payload Review
14:40-14:55	<b>FE-2</b>	Activate COA Vozdukh Mode 5
14:45-15:00	CDR	ARED - Cylinder Flywheel Evacuation. Re-establish a vacuum in the Cylinder Flywheels
14:55-15:45	<b>FE-2</b>	TVIS Quarterly Maintenance
15:40-15:45	<b>FE-1</b>	Remote RS Laptop Displays Upgrade. <i>Tagup with specialists (S-band)</i>
15:45-16:05		Rodnik 5B2 Tank Leak Check in Progress 407. Configuration Setup ( <b>To=16:00</b> telemetry recording starts )
15:45-17:15	<b>FE-2</b>	Physical Exercise (TVIS), Day 2
16:05-16:10	<b>FE-1</b>	Remote RS Laptop Displays Upgrade
16:25-16:35	CDR	PAO Hardware Setup
16:30-16:35	<b>FE-1</b>	Rodnik 5B2 Tank Leak Check in Progress 407. Monitoring Compressor Shutdown / r/g 4864
16:35-16:40		Remote RS Laptop Displays Upgrade
16:35-16:45	CDR	Crew Prep for PAO
16:45-17:05		PAO Event
16:50-17:05	<b>FE-1</b>	Rodnik 5B2 Tank Leak Check in Progress 407. Opening of KB2
17:05-17:10	CDR	PAO Hardware Deactivation
17:10-17:50		SODF Safety Briefing Cue Card Printing
17:15-18:05	<b>FE-1, FE-2-assists</b>	Study of cardiovascular system under graded physical load ( <b>To=17:36</b> ) <i>Tagup with specialists (VHF)</i>
17:50-18:05	CDR	SODF Robotics Cue Card Printing
18:05-18:45	<b>FE-2</b>	COX Maintenance
18:05-19:05	<b>FE-1</b>	Physical Exercise (VELO), Day 2
18:25-19:15	CDR	Evening Work Prep
18:45-18:50	<b>FE-2</b>	Elektron-VM Aerosol Filter Inspection
18:50-19:05		Private Medical Conference ( <i>Ku+S-band</i> )
19:05-19:15	<b>FE-1, FE-2</b>	Evening Work Prep
19:15-19:30		Daily Planning Conference ( <i>S-band</i> )
19:30-21:15	<b>FE-2</b>	Pre-sleep
19:30-20:15	<b>FE-1</b>	Pre-sleep
19:30-19:35	CDR	MPC Power Up
19:35-21:20		Pre-sleep
20:15-20:30	<b>FE-1</b>	Private Medical Conference ( <i>Ku+S-band</i> )
20:30-21:15		Pre-sleep
21:15-21:30		BAR Pyren Charging Start
21:20-21:25	CDR	Reaction Self Test
21:25-21:30		MPC Power Down
21:30-06:00		SLEEP
<b>Task List</b>	<b>FE-1</b>	IMS Update

**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