

Radiogram No. 3897u

Form 24 for 08/22/2010

CREW OFF DUTY

GMT	CREW	ACTIVITY
06:00-06:10	CDR,FE-3	Morning Inspection
06:00-06:05	FE-2	SLEEP Data Log Entry
06:00-06:05	FE-4	PRO K Urine PH Test
06:00-06:20	FE-6 subject	HRF Urine Sample Collection
06:00-06:05	FE-5	Elektron-VM Aerosol Filter Inspection
06:05-06:15	FE-2, FE-5	Morning Inspection
06:05-06:10	FE-4	SLEEP Data Log Entry
06:10-06:20	FE-4	Morning Inspection
06:10-06:40	CDR,FE-3	Post-sleep
06:15-06:45	FE-2, FE-5	Post-sleep
06:20-06:50	FE-4	Post-sleep
06:20-06:25	FE-6	PRO K Urine PH Test
06:25-06:35	FE-6	HRF Urine Sample Insertion Into MELFI
06:35-06:40	FE-6	SLEEP Data Log Entry
06:40-06:50	FE-6	Morning Inspection
06:40-07:30	CDR,FE-3	BREAKFAST
06:45-07:35	FE-2, FE-5	BREAKFAST
06:50-07:20	FE-6	Post-sleep
06:50-07:40	FE-4	BREAKFAST
07:20-08:10	FE-6	BREAKFAST
09:00-10:00	FE-2	Physical Exercise T 2
09:00-10:00	CDR	Physical Exercise (ARED)
09:30-11:00	FE-5	Physical Exercise (TVIS), Day 3
10:00-11:30	FE-2	Physical Exercise (ARED)
10:30-11:30	FE-6	Physical Exercise T 2
11:00-12:00	FE-5	Physical Exercise (VELO), Day 3
11:30-13:00	FE-6	Physical Exercise (ARED)
12:00-13:00	FE-3	Physical Exercise (VELO), Day 3
12:45-13:00	FE-5	Private Family Conference (<i>S+Ku-band</i>) (SG2, SG1-backup)
13:00-14:00	.	LUNCH
14:00-14:05	FE-4	PROK Diet Logging (Day 2-4)
14:00-14:40	CDR	COЖ Maintenance. SM and FGB Flush Counter (CП), Water Supply System (CBO), Potok Air Purification System Data Calldowns
14:00-14:05	FE-6	PROK Diet Logging (Day 2-4)
14:05-14:25	FE-6 subject	HRF Urine Sample Collection
14:25-14:30	FE-6	HRF Urine Sample Insertion Into MELFI
15:30-17:00	CDR	Physical Exercise (TVIS), Day 2
15:40-16:00	FE-4	Urine Sampling Kit Prep
16:00-17:30	FE-4	Physical Exercise (ARED)
17:00-18:30	FE-3	Physical Exercise (TVIS), Day 3
17:30-18:30	FE-4	Physical Exercise T 2

18:05-18:25	FE-6 subject	HRF Urine Sample Collection
18:25-18:30	FE-6	HRF Urine Sample Insertion Into MELFI
18:30-18:40	FE-6	HRF Blood Collection Hardware Setup
18:30-18:40	FE-4	T2 Snubber Arm Inspection
18:35-18:40	FE-5	Elektron-VM Aerosol Filter Inspection
18:40-19:05	.	Evening Work Prep
19:05-19:30	.	Daily Planning Conference (<i>S-band</i>)
19:30-21:30	.	Pre-sleep
21:30-06:00	.	SLEEP
Task List	FE-3	URAGAN. Observations and Photography
	CDR	SEINER World Ocean Observations
		ECON. Observations and Photography

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