

Radiogram 1497u
Crew Rest

Form 24 for 02.10.2013

GMT	Crew	Activity
06:00-06:05	CDR	Urine collection reminders
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,FE-6	Reaction self-test
06:05-06:25	CDR	Urine sample collection
06:05-06:15	FE-5,FE-6	Morning Inspection
06:10-06:40	FE-1,FE-4, FE-2	Post-sleep
06:15-06:45	FE-6,FE-5	Post-sleep
06:25-06:30	CDR	HRF- urine sample transfer to MELFI
06:30-06:35	CDR	Reaction self-test
06:35-06:45	CDR	Morning inspection
06:40-07:30	FE-1,FE-2	BREAKFAST
06:40-07:30	FE-4	BREAKFAST ПСС SM test (<i>after breakfast</i>)
06:45-07:15	CDR	Post-sleep
06:45-07:35	FE-5,FE-6	BREAKFAST
07:15-08:05	CDR	BREAKFAST
08:15-09:30	FE-2	PE ARED
08:30-09:30	FE-5	PE T2
09:00-09:10	FE-4	TEN-MAYAK – Experiment Termination
09:10-09:25	FE-4	PMC (<i>Ku+S-band in S/G2, S/G1-backup</i>)
09:30-11:00	FE-5	PE ARED
10:00-11:00	FE-6	PE T2
10:45-11:00	FE-2	PMC (<i>Ku+S-band in S/G2, S/G1-backup</i>)
11:00-12:00	FE-1	PE T2-1
11:00-11:10	FE-5	HAM Radio activation
11:00-12:30	FE-6	PE ARED
11:30-12:30	FE-4	PE VELO-1
11:50-12:10	CDR	Urine sample collection
12:10-12:15	CDR	Urine sample transfer to MELFI
12:30-13:00	.	Weekly planning conference (<i>S-band</i>)
13:00-14:00	.	LUNCH
14:00-14:10	CDR	SSC data collection
14:00-14:40	FE-4	COЖ maintenance. CBO, CГО, CПKY ACY counter, YOB "Potok" in SM and FGB -- data downlink
14:00-14:10	FE-5	SSC data collection
14:10-14:35	FE-5	Audiogram recording using EARQ SW

14:20-15:00	FE-6	RGN REC-TNK – removal of the hose used for nominal depress ops
15:05-16:35	FE-4	PE ARED
15:15-15:35	CDR	Urine sample stow
15:35-16:35	CDR	PE CEVIS
15:40-16:55	FE-2	PE VELO-1
15:45-16:00	FE-5	Private Family Conference
16:35-18:05	CDR	PE ARED
17:05-18:35	FE-1	PE ВЕЛО-1
18:25-18:35	CDR	HRF- blood sample stow
18:25-18:35	FE-6	SSC data downlink
18:35-19:05	.	Evening work prep
19:05-19:30	.	Daily Planning Conference (<i>S-band</i>)
19:30-19:35	CDR	Pre-sleep
19:30-21:30	FE-1,FE-2,FE-4	Pre-sleep
19:30-21:25	FE-5,FE-6	Pre-sleep
19:35-19:50	CDR	Private Family Conference
19:50-21:20	CDR	Pre-sleep
21:20-21:25	CDR	Reaction self-test
21:25-21:30	FE-5,FE-6	
21:25-21:30	CDR	REMINDER- reading
21:30-08:00	.	SLEEP
Task List	FE-1,FE-2,FE-4	ECON-M. Observations and Photography
		Preparation of reports for Roskosmos site
		URAGAN Observations and Photography
		SEYNER. World Oceans study
		CKK. Cartridge photo
	FE-4	Equipment search for Elektron-VM not found during audit

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**

End of radiogram