

Radiogram No. 8989u

Form 24 for 11/09/08

CREW OFF DUTY

GMT	CREW	ACTIVITY
06:00-06:10	CDR,FE-1	Morning Inspection
06:00-06:05	FE-2	SLEEP - data logging
06:05-06:15		Morning Inspection
06:10-06:40	CDR,FE-1	Post-sleep
06:15-06:45	FE-2	
06:40-07:30	CDR,FE-1	BREAKFAST
06:45-07:35	FE-2	
07:30-07:50	CDR	Nutrition and Repository - Urine Sample Collection
07:50-08:00		Nutrition and Repository - Insertion Of First Urine Samples Into MELFI
08:00-08:20		Nutrition and Repository - Blood Samples
08:00-08:15	FE-2	Nutrition and Repository - Blood Sampling Operator
08:20-08:30	CDR	Nutrition and Repository - Refrigerated Centrifuge Setup
08:30-08:40		Nutrition and Repository- Refrigerated Centrifuge Config
08:45-10:15	FE-2	Physical Exercise (RED)
09:10-09:30	CDR	Nutrition and Repository - MELFI Blood Sample Insertion
09:30-09:40		Nutrition and Repository - Stow Blood Sample Collection and Processing Hardware
09:45-10:05	FE-1	Private Family Conference (<i>S + Ku-band</i>)
10:15-11:15	FE-2	Physical Exercise (TVIS)
10:30-10:50	CDR	Nutrition and Repository - Urine Sample Collection
10:50-10:55		Nutrition and Repository - Urine Sample MELFI Insertion
11:30-13:00	FE-1	Physical Exercise (TVIS), day 4
11:30-12:30	CDR	Physical Exercise (RED)
12:55-13:00	FE-2	On MCC Go ISS O2 repress from Progress 365 CpPK (start)
13:00-14:00	.	LUNCH
14:00-14:05	FE-2	ISS O2 repress from Progress 365 CpPK (terminate)
14:00-14:15	FE-1	IRIDIUM phone charging, configuration setup, start charge <i>Tagup as necessary / r/g 8990</i>
14:00-14:20	CDR	Nutrition and Repository - Urine Sample Collection
14:10-14:25	FE-2	Private Psychological Conference (<i>S-band</i>)
14:20-14:25	CDR	Nutrition and Repository - Urine Sample MELFI Insertion
14:30-14:35	FE-1	IRIDIUM phone charging - status check
14:50-14:55		IRIDIUM phone charging - status check
15:10-15:15		IRIDIUM phone charging - status check
15:15-15:25		IRIDIUM phone charge - terminate charge, cleanup
15:30-17:00	CDR	Physical Exercise (TVIS)
15:50-16:10	FE-2	Private Family Conference (<i>S + Ku-band</i>)
16:35-17:35	FE-1	Physical Exercise (VELO+RED), day 4
17:20-17:35	CDR	Private Psychological Conference (<i>S-band</i>)

17:35-18:15	FE-1	COX maintenance. <i>CBO, CП, and POTOK Air Purification System data downlink</i>
17:50-18:10	CDR	Nutrition and Repository - Urine Sample Collection
18:10-18:15		Nutrition and Repository - Urine Sample MELFI Insertion
18:15-19:05	.	Evening Work Prep
19:05-19:20		Daily Planning Conference (<i>S-band</i>)
19:20-19:30		Evening Work Prep
19:30-19:50	CDR	Private Family Conference (<i>S + Ku-band</i>)
19:30-21:30	FE-1,FE-2	Presleep (Dinner, Daily Food Prep, Evening Toilet)
19:50-21:30	CDR	
21:30-06:00	.	SLEEP
Task List	FE-1	DIATOMEA. World Ocean Observations
		ECON. Observations and photography

Note

1. SM Window #9 shutter opening is at crew discretion with **Report to MCC**
2. See OSTP for references to US activities.

End of Radiogram