

Radiogram No. 9768u

Form 24 for 03/16/09

**CREW HEALTH STATUS. RELAXATION.**

GMT	CREW	ACTIVITY
09:30-09:40	.	Morning Inspection
09:40-09:50	FE-2	Post-sleep
09:40-10:00	FE-1	
09:40-09:50	CDR	Calf Volume Measurement
09:50-10:20		Post-sleep
09:50-10:00	FE-2	Calf Volume Measurement
10:00-10:10	FE-1	
10:00-10:20	FE-2	Post-sleep
10:10-10:20	FE-1	MO-8. Setup
10:20-10:35		Body Mass Measurement
10:20-11:10	CDR,FE-2	BREAKFAST
10:35-10:45	FE-1	MO-8. Cleanup
10:45-10:55		Post-sleep
10:55-11:45		BREAKFAST
11:10-11:40	CDR,FE-2	Prep for Work
11:45-12:00	.	Daily Planning Conference ( <i>S-band</i> )
12:00-13:00	CDR	Physical Exercise (TVIS)
12:00-13:30	FE-2	Physical Exercise (ARED)
12:00-12:30	FE-1	Prep for Work
12:30-12:35		ГФИ-1 (Geophysical Studies). Terminate battery charge for the Relaxation experiment
12:35-13:10		Crew Departure Prep
13:00-13:40	CDR	Remove Launch Locks for Airlock Control and Display Unit (ACDU) and Valve Box.
13:10-14:40	FE-1	RELAXATION. Equipment setup. <i>Tagup with specialists (S-band)</i>
13:30-14:30	FE-2	Physical Exercise (TVIS)
13:40-15:10	CDR	JEM: Post-stowage housecleaning
14:30-15:05	FE-2	Removing Ice Crystal Cell from SCOF
14:40-16:10	FE-1	Orthostatic Stability Evaluation with LBNP. <b>To=15:38.</b> <i>Tagup with specialists (VHF)</i>
15:10-16:10	CDR (assists)	Orthostatic Stability Evaluation with LBNP
15:20-16:00	FE-2	FSL: Optical Target Installation
16:00-17:00	FE-2	LUNCH
16:10-17:10	CDR,FE-1	
17:00-17:40	FE-2	Facet Cell Installation and Cable Connection
17:10-20:10	CDR	SM ПхО and DC1 return to initial config after EVA
17:10-18:10	FE-1	Preparing to install Istochnik-M TL system on the ISS RS to receive Soyuz telemetry. <i>Tagup with specialists (S-band)</i>
17:40-18:00	FE-2	LOCAD: Setting Up Experiment Equipment
18:00-18:20		LOCAD Portable Test System Media Preparation

18:20-18:30		LOCAD Swab Ops With Video
18:30-19:10	FE-1	RELAXATION. Observation of Ionosphere. <i>Tagup with specialists (S-band)</i>
19:00-19:05	FE-2	LOCAD Portable Test System (PTS) Phase 1 Data Record Operations
19:05-19:45		COX Maintenance
19:10-19:40	FE-1	RELAXATION. Hardware Teardown
19:40-22:10		Physical Exercise (TVIS), day 3
19:45-19:55	FE-2	LOCAD Swab Ops With Video
20:10-21:40	CDR	Physical Exercise (ARED)
20:25-20:30	FE-2	LOCAD Portable Test System (PTS) Phase 1 Data Record Operations
20:30-20:40		LOCAD Swab Ops With Video
21:10-21:15		LOCAD Portable Test System (PTS) Phase 1 Data Record Operations
21:15-21:25		LOCAD Swab Ops With Video
21:35-21:55		IMS Update
21:40-21:55	CDR	Questionnaire - CDR journal entry
21:55-22:00	FE-2	LOCAD Portable Test System (PTS) Phase 1 Data Record Operations
21:55-22:15	CDR	Prep for Work
22:00-22:15	FE-2	LOCAD Portable Test System (PTS) Experiment Phase 1 Stow
22:15-22:30		Daily Planning Conference ( <i>S-band</i> )
22:30-23:00		Prep for Work
23:00-01:00		Pre-sleep
01:00-09:30		SLEEP

**Note:**

1. In case of Shuttle launch **(23:45 GMT 03/15/2009)** see OSTP for references to US activities.
2. SM Window #9 shutter opening is at crew discretion with **Report to MCC**

End of Radiogram