

Radiogram No. 1903 u

Form 24 for 12/14/09

MO-1. CONNECTING KURS BKC CABLES. AUDIT.

GMT	CREW	ACTIVITY
06:00-06:10	CDR	Morning Inspection
06:00-06:05	FE-1	Elektron-VM Aerosol Filter Inspection
06:05-06:10	FE-1	Morning Inspection
06:10-06:40	CDR	Post-sleep
06:10-06:45	FE-1	Post-sleep
06:40-07:30	CDR	BREAKFAST
06:45-07:15	FE-1	MO-1. Study Of Cardiac Bioelectric Activity At Rest (To=06:53 GMT). <i>Tagup with specialists (VHF)</i>
07:15-07:45	FE-1	BREAKFAST
07:30-07:35	CDR	REACTION Self Test
07:35-07:45	CDR	Work Prep
07:45-08:00	.	Daily Planning Conference (<i>S-band</i>)
08:00-08:10	CDR	Glove Box (MSG) Activation
08:00-08:20	FE-1	BREAKFAST
08:10-08:20	CDR	EHS GC/DMS Ops Start
08:20-08:45	FE-1	Work Prep
08:22-08:27	CDR	HAM Radio Setup
08:27-08:37	CDR	HAM Radio Session
08:40-08:50	CDR	JEM: Shut Off CGSE Gas Supply
08:45-09:35	FE-1	MATRYOSHKA-R. BUBBLE-Dosimeter Collection and Readings. <i>Tagup with specialists (S-band)</i>
08:50-09:20	CDR	BIORHYTHM. Preparation and Recording
09:20-11:35	CDR	USOS Hatch Seal Inspection
09:35-10:45	FE-1	Connecting KURS-Π cables to support DC1 operations with 17KCM article. <i>Tagup with specialists as necessary (S-band)</i>
10:45-11:25	FE-1	Auxiliary Laptop Anti-Virus Update
11:30-13:00	FE-1	Physical Exercise (T2) Day 1
11:35-11:50	CDR	IFM Hatch Seal Cleaning
11:50-12:50	CDR	WRS Condensate Pump Operation
13:00-14:00	.	LUNCH
14:00-14:05	CDR	Terminate EHS GC/DMS Ops
14:00-16:00	FE-1	Audit of MRM2 K1 and K2 Cargo Bags. <i>Tagup with specialists as necessary (S-band)</i>
14:05-14:10	CDR	APEX Crew Conference
14:10-14:25	CDR	APEX Experiment, Cambium Photography
14:25-14:55	CDR	Inspection and Wiping of Petri Back Plate
15:00-15:15	CDR	Set up video equipment to record ARED exercise
15:15-16:45	CDR	Physical Exercise (ARED)
16:00-16:30	FE-1	Checking if Unit 800 is properly installed and secured in Soyuz 226 PL container, photography
16:30-17:10	FE-1	COX Maintenance
16:45-17:45	CDR	Physical Exercise (CEVIS)

17:10-18:10	FE-1	Physical Exercise (VELO), Day 1
17:45-17:55	CDR	CIR Alignment Guide Removal
17:55-18:05	CDR	Lab Camcorder Replacement
18:05-18:10	CDR	Transfer TVIS, CEVIS, and HRM data to MEC
18:15-18:30	CDR	Stow Video Equipment Used for ARED Exercise Video
18:25-18:30	FE-1	Elektron-VM Aerosol Filter Inspection
18:30-18:45	.	Daily Planning Conference (<i>S-band</i>)
18:45-19:30	FE-1	Evening Work Prep
18:45-19:25	CDR	Evening Work Prep
19:25-19:30	CDR	REACTION Self Test
19:30-21:30	FE-1	Pre-sleep
19:30-19:35	CDR	MPC Power Up
19:35-21:25	CDR	Pre-sleep
21:25-21:30	CDR	MPC Power Down
21:30-06:00	.	SLEEP
Task List	FE-1	PLANTS-2. Payload Status Check
		<i>Preparations for the New Year</i> Video Footage for TBL TV Channel
		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: dinner, daily food prep, evening toilet
- End of Radiogram