

Radiogram No. 1220u

Form 24 for 09/26/09

**LBNP EXERCISE. CREW OFF DUTY**

<b>GMT</b>	<b>CREW</b>	<b>ACTIVITY</b>
06:00-06:10	<b>CDR,FE-2, FE-3,FE-4</b>	Morning Inspection
06:00-06:20	FE-5	SOLO Repository Urine Collection
06:00-06:20	FE-1	Nutrition and Repository Urine Sample Collection
06:10-06:40	<b>CDR,FE-3, FE-4</b>	Post-sleep
06:10-06:30	FE-2	Post-sleep
06:20-06:30	FE-5	SOLO Urine Sample Insertion into MELFI
06:20-06:30	FE-1	Nutrition and Repository MELFI Urine Sample First Insertion
06:30-06:50	FE-1	Nutrition and Repository - Blood Samples
06:30-06:40	FE-5	Morning Inspection
06:30-06:45	FE-2	Nutrition and Repository - Blood Draw Operator
06:40-07:30	<b>CDR,FE-3,FE-4</b>	BREAKFAST
06:40-07:00	FE-5	Post-sleep
06:50-07:10	FE-2	Nutrition and Repository Urine Sample Collection
06:50-07:00	FE-1	Nutrition and Repository FE2 - Refrigerated Centrifuge Setup
07:00-07:10	FE-1	Nutrition and Repository - Refrigerated Centrifuge Config
07:00-07:50	FE-5	BREAKFAST
07:10-07:20	FE-2	Nutrition and Repository MELFI Urine Sample First Insertion
07:10-07:20	FE-1	Morning Inspection
07:20-07:40	FE-1	Post-sleep
07:20-08:15	FE-2	BREAKFAST
07:30-09:00	FE-4	Physical Exercise (ARED)
07:30-08:45	<b>CDR</b>	Weekly Housekeeping
07:30-10:25	<b>FE-3</b>	ВПхО, ФС5, ФС6, ФС9, ВПрК, FGB ЦБ2 Screen Cleaning
07:40-08:00	FE-1	Nutrition and Repository Blood Sample Insertion into MELFI
08:00-08:10	FE-5	SOLO SLAMMD Prep
08:00-08:10	FE-1	Post-sleep
08:10-08:20	FE-5	SOLO Body Mass Measurement
08:10-09:00	FE-1	BREAKFAST
08:15-08:30	FE-2	CIR Photo/Video Setup
08:20-08:30	FE-5	SOLO SLAMMD Deactivation and Stowage
08:30-08:45	FE-2	CIR Rack Door Close
08:45-09:05	FE-2	CIR Front End Cap Open
08:45-09:15	<b>CDR (assists)</b>	Physical Fitness Evaluation (on treadmill)
08:45-09:45	FE-5	
09:00-09:40	FE-1	Weekly Housekeeping
09:05-09:15	FE-2	CIR Fuel Supply Hose Temporary Stowage
09:15-09:30	<b>CDR</b>	Private Psychological Conference ( <i>Ku+S-band</i> )
09:15-10:10	FE-2	CIR MDCA Insertion into Combustion Chamber
09:20-09:25	FE-4	HAM Radio Setup

09:25-09:35	FE-4	HAM Radio Session
09:30-10:25	<b>CDR</b>	Weekly Housekeeping ВПхО, ФC5, ФC6, ФC9, ВПpK, FGB ЦB2 Screen Cleaning
09:40-11:10	FE-1	Physical Exercise (ARED)
10:00-13:00	FE-4,FE-5	Weekly Housekeeping
10:10-11:10	FE-2	CIR Fuel Reservoir Replacement
10:25-11:20	<b>CDR,</b> <b>FE-3</b> (assists)	LBNP Exercise. <b>To=10:44</b> , T.KTM=11:02. <i>Tagup with specialists (VHF)</i>
11:10-11:30	FE-1	CIR MDCA Fiber Arm Installation
11:10-12:35	FE-2	Weekly Housekeeping
11:20-12:10	<b>CDR</b>	Weekly Housekeeping ВПхО, ФC5, ФC6, ФC9, ВПpK, FGB ЦB2 Screen Cleaning
11:20-12:20	<b>FE-3</b>	Physical Exercise (ARED)
11:30-12:25	FE-1	CIR MDCA Insertion into Combustion Chamber
12:10-12:20	<b>CDR</b>	POTOK-150MK Air Purification System Pre-filter Cleaning in SM and FGB ( <b>Use vacuum cleaner and a narrow nozzle attachment with the POTOK unit powered down</b> )
12:20-12:35	<b>FE-3</b>	Private Psychological Conference ( <i>VHF</i> )
12:25-12:35	FE-1	CIR Fuel Supply Bypass QD Installation from Temp Stow
12:35-12:55	FE-2	Nutrition and Repository Urine Sample Collection
12:35-13:00	FE-1	CIR Front End Cap Close
12:55-13:00	FE-2	Nutrition and Repository Urine Sample MELFI Insertion
13:00-13:30	.	Weekly Planning Conference ( <i>S-band</i> )
13:30-14:30	.	LUNCH
14:30-14:45	FE-2	Private Psychological Conference ( <i>Ku+S-band</i> )
14:30-14:45	FE-1	CIR Doors Open
14:30-14:45	FE-5	TEPC Activation and Hardware Checkout
14:30-15:10	<b>FE-3</b>	COЖ Maintenance
14:30-14:35	FE-4	SSC File Server Reboot
14:35-14:40	FE-4	OCA SSC Router Reboot
14:40-15:10	FE-4	Fluids Integrated Rack Constrained Vapor Bubble Module Inspection
14:45-15:05	FE-1	Nutrition and Repository Urine Sample Collection
14:50-15:05	FE-5	FOAM Laptop Setup
14:55-15:10	FE-2	BISE Camcorder Setup
15:05-15:10	FE-1	Nutrition and Repository Urine Sample MELFI Insertion
15:10-15:50	FE-2	BISE Hardware Setup
15:10-15:15	FE-4	Compound Specific Analyzer - Oxygen (CSA-O2) Check
15:15-15:20	FE-4	Carbon Dioxide Monitor (CDM) Check
15:15-15:30	FE-1	Private Psychological Conference ( <i>Ku+S-band</i> )
15:30-15:45	FE-1	Food Frequency Questionnaire
15:35-15:40	FE-5	Foam Stability Tape Rewind
15:40-15:45	FE-5	Foam Stability Cell Exchange
15:50-15:55	FE-4	BISE Historical Photo Documentation
15:50-16:10	FE-2	BISE Experiment Ops
16:00-17:00	<b>CDR</b>	Physical Exercise (TVIS), day 4

16:00-17:00	FE-1	Physical Exercise (CEVIS)
16:10-16:25	FE-2	Food Frequency Questionnaire
16:15-16:20	FE-5	Foam Stability Tape Exchange
16:20-16:25	FE-5	Foam Stability Cell Exchange
16:20-16:25	FE-4	BISE Hardware Setup
16:25-16:30	FE-2	BISE Historical Photo Documentation
16:25-16:45	FE-4	BISE Experiment Ops
16:30-18:00	FE-5	Physical Exercise (ARED)
16:35-16:55	FE-2	Nutrition and Repository Urine Sample Collection
16:55-17:00	FE-2	Nutrition and Repository Urine Sample MELFI Insertion
17:00-17:30	<b>CDR</b>	Post-Exercise Hygiene Procedure
17:00-18:00	FE-2	Physical Exercise (CEVIS)
17:00-18:00	<b>FE-3</b>	Physical Exercise (TVIS), day 3
17:00-17:05	FE-1	BISE Hardware Setup
17:05-17:10	FE-4	BISE Historical Photo Documentation
17:05-17:40	FE-1	BISE Experiment Ops
17:35-17:50	FE-4	Private Psychological Conference ( <i>Ku+S-band</i> )
17:40-19:00	FE-1	Weekly Housekeeping
18:00-18:30	<b>FE-3</b>	Post-Exercise Hygiene Procedure
18:00-19:00	FE-4	Physical Exercise (TVIS)
18:00-19:30	FE-2	Physical Exercise (ARED)
18:00-18:05	FE-5	Foam Stability Tape Exchange
18:05-18:10	FE-5	Foam Stability Cell Exchange
18:40-18:55	FE-5	FOAM Experiment Deconfiguration
18:55-19:05	FE-5	FOAM Laptop Stowage
19:00-19:20	FE-1	Nutrition and Repository Urine Sample Collection
19:20-19:25	FE-1	Nutrition and Repository Urine Sample MELFI Insertion
19:25-19:30	FE-5	SOLO Diet Monitoring
19:25-19:30	FE-1	Transfer TVIS, CEVIS, and HRM data to MEC
19:30-21:30	.	Pre-sleep
21:30-06:00	.	SLEEP
<b>Task List</b>	<b>CDR,FE-3</b>	ECON. Observations and Photography
		URAGAN. 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 dinner, daily food prep, evening toilet
- End of Radiogram