

Radiogram No. 372u

Form 24 for 05/30/2009

Health Monitoring. Housekeeping

GMT	CREW	ACTIVITY
06:00-06:10	CDR, FE-1, FE-3, FE-4, FE-5	Morning Inspection
06:00-06:05	FE-2	SLEEP Data Log for FE2
06:05-06:10		Morning Inspection
06:10-06:40		Post-sleep
06:40-07:15	CDR, FE-3	BREAKFAST
06:40-07:30	FE-1, FE-2, FE-4, FE-5	
07:15-07:30	CDR, FE-3	БМП Φ1 Absorption Cartridge Regeneration (start)
07:30-10:30	FE-2, FE-4, FE-5	Weekly Housekeeping
07:30-07:40	CDR	BREAKFAST
07:30-07:45	FE-3	
07:40-07:55	CDR	Spacesuit Voice and Medical Parameter Check Prep
07:45-10:30	FE-3	Weekly Housekeeping Screen Cleaning in ВПpK, ВПxO, ΦC5, ΦC6, ΦC9, DC1 B1-B3, FGB ЦБ Fans
07:55-08:15	CDR, FE-1	Monitoring Medical Parameters via Space Suit. <i>Tagup with specialists (S-band, VHF)</i>
08:15-09:15	FE-1	Weekly Housekeeping
08:15-08:30	CDR	Monitoring Medical Parameters via Space Suit, Closeout Ops
08:30-08:35		PLANTS-2 Payload Status Check
08:35-09:15		Weekly Housekeeping Screen Cleaning in ВПpK, ВПxO, ΦC5, ΦC6, ΦC9, DC1 B1-B3, FGB ЦБ Fans
09:15-10:05	CDR, FE-1 (assists)	Study of Cardiovascular System Under Graded Physical Load. To=09:30. <i>Tagup with specialists (VHF)</i>
10:30-11:45	FE-2	Physical Exercise (VELO)
10:30-11:30	FE-3	Installation of Local Temperature Sensor Switching Unit [ЛКТ] (TA251МБ) and ROM in the Soyuz 225 Orbital Module
10:45-11:35	FE-1, CDR (assists)	Study of Cardiovascular System Under Graded Physical Load. To=11:03. <i>Tagup with specialists (VHF)</i>
11:30-12:10	FE-3	COЖ Maintenance
11:45-12:45	CDR	Physical Exercise (VELO) day 1
11:45-13:00	FE-2	Physical Exercise (ARED)
12:10-12:40	FE-3, FE-4, FE-5	Exercise Equipment Overview
12:15-12:30	FE-1	Private Psychological Conference (<i>S +Ku-band</i>)
12:45-12:55	CDR	Pre-filter cleaning in POTOK-150MK Air Purification System in FGB (Use vacuum cleaner equipped with narrow nozzle attachment; POTOK unit should be powered down)
13:00-13:40		Weekly Planning Conference (<i>S-band</i>)

13:40-14:40		LUNCH
14:40-16:40		Safety Handover
16:40-17:40	FE-1	Physical Exercise (VELO)
16:40-16:55	FE-3	Private Medical Conference (<i>Ku + S-band</i>)
17:40-19:10	CDR	Physical Exercise (TVIS) day 1
17:40-19:10	FE-1	Physical Exercise (ARED)
17:40-17:55	FE-3	Familiarization with Physical Exercise and TVIS Procedures
18:20-18:35	FE-5	Private Medical Conference (<i>Ku + S-band</i>)
18:50-19:05	FE-4	
18:55-19:10	FE-5	Familiarization with Physical Exercise and TVIS Procedures
19:10-19:15	FE-1	Transfer TVIS, CEVIS, and HRM data to MEC
19:15-19:30	FE-3, CDR	Pre-sleep
19:30-21:30	FE-1, FE-2, FE-4, FE-5	Presleep (dinner, daily food prep, evening toilet)
19:30-19:45	CDR, FE-3	БМП Φ1 Absorption Cartridge Regeneration (termination)
19:45-21:30		Presleep (dinner, daily food prep, evening toilet)
21:30-06:00		SLEEP
Task List	CDR	URAGAN Observations and Photography
		PLANTS Recharging Water Tank

Notes:

1. SM Window #9 shutter opening is at crew discretion w/ **Report to MCC**

2. See OSTP for references to US activities

End of Radiogram