

Radiogram No. 1172u

Form 24 for 09/19/09

CREW OFF DUTY

GMT	CREW	ACTIVITY / ODF or r/g
06:30-06:40	CDR, FE-3	Morning Inspection
06:30-06:35	FE-1, FE-2, FE-4, FE-5	SLEEP Data Log Entry
06:35-07:05	FE-4	Post-sleep
06:35-06:40	FE-1, FE-2	Morning Inspection
06:35-06:55	FE-5	Nutrition: Urine Collection
06:40-07:10	CDR, FE-1, FE-2, FE-3	Post-sleep
06:55-07:05	FE-5	Nutrition: Insert First Urine Samples into MELFI
07:05-07:20	FE-5	Nutrition: Blood Draw for Analysis
07:05-07:20	FE-4	Nutrition: Blood Draw operator
07:10-08:00	CDR, FE-1, FE-2, FE-3	BREAKFAST
07:20-07:40	FE-4	Nutrition and Repository Urine Sample Collection
07:20-07:30	FE-5	Nutrition Refrigerated Centrifuge Setup
07:30-07:40	FE-5	Nutrition: Refrigerated Centrifuge Config
07:40-08:00	FE-5	BREAKFAST
07:40-07:50	FE-4	Nutrition and Repository: MELFI Urine Sample First Insertion
07:50-08:00	FE-4	BREAKFAST
08:00-11:00	CDR	Weekly Housekeeping Cleaning ВПхО, ФC5, ФC6, ФC9, ВПрК, FGB ЦB2 screens
08:00-11:00	FE-1	Weekly Housekeeping
08:00-08:20	FE-2	
08:00-09:20	FE-4	
08:00-08:10	FE-5	
08:00-08:05	FE-3	PLANTS-2 Payload Status Check
08:05-11:05	FE-3	Weekly Housekeeping Cleaning ВПхО, ФC5, ФC6, ФC9, ВПрК, FGB ЦB2 screens
08:10-08:30	FE-5	Nutrition Blood Sample Insertion into MELFI
08:20-09:20	FE-2	Physical Exercise (TVIS)
08:30-10:20	FE-5	Weekly Housekeeping
09:20-10:50	FE-2	Physical Exercise (ARED)
09:20-10:20	FE-4	Physical Exercise (TVIS)
10:20-11:00	FE-4	Weekly Housekeeping
10:20-11:20	FE-5	Physical Exercise (TVIS)
10:50-13:00	FE-2	Weekly Housekeeping
11:00-11:20	FE-4	Nutrition and Repository Urine Sample Collection
11:20-12:50	FE-5	Physical Exercise (ARED)
11:20-12:20	FE-1	Physical Exercise (TVIS)
11:20-11:25	FE-4	Nutrition and Repository - Urine Sample MELFI Insertion
11:25-12:25	FE-4	Weekly Housekeeping

12:20-13:20	CDR	Physical Exercise (TVIS), Day 1
12:30-12:45	FE-4	BISE Setting up Video Equipment
12:50-13:05	FE-5	Weekly Housekeeping
12:50-13:50	FE-3	Physical Exercise (ARED)
13:00-13:10	FE-4	IRIS Start
13:20-13:50	CDR	Hygiene Procedures
13:20-13:50	FE-5	WEAR Configuration Session
13:25-13:30	FE-4	IRIS Termination
13:30-13:50	FE-4	IRIS Experiment Ops
13:50-14:20		Weekly planning conference (S-band)
14:20-15:20		LUNCH
15:20-16:00	CDR	COX Maintenance
15:20-16:00	FE-2	BISE Hardware Setup
15:20-15:35	FE-5	CANON G1 Mode Reset
15:35-15:55	FE-5	Nutrition: Urine Collection
15:55-16:00	FE-5	Nutrition: Insert Urine Sample into MELFI
16:00-16:20	FE-2	BISE Experiment
16:00-17:55	FE-5	Performing WEAR
16:00-16:10	CDR	Pre-filter cleaning in POTOK-150MK Air Purification System (<i>use vacuum cleaner equipped with narrow nozzle attachment and POTOK unit powered down</i>)
16:10-16:30	FE-4	Nutrition and Repository Urine Sample Collection
16:20-16:40	FE-2	EPO (PL) Demonstration Procedure Review
16:25-17:55	FE-1	Physical Exercise (ARED)
16:30-16:35	FE-4	Nutrition and Repository Urine Sample MELFI Insertion
16:40-16:55	FE-2	Educational Payload Ops (EPO) Camcorder Set Up
16:55-17:20	FE-2, FE-4	EPO Demonstration
17:20-17:25	FE-4	BISE Setting up Hardware 2
17:20-17:30	FE-2	Post-EPO Hardware Stow
17:25-17:45	FE-4	BISE Experiment Ops
17:25-18:25	FE-3	Physical Exercise (TVIS) Day 4
17:55-19:25	FE-4	Physical Exercise (ARED)
17:55-18:10	FE-5	FOAM Experiment Set up
18:10-18:15	FE-5	Data Download to USB and SSC
18:15-18:40	FE-5	Weekly Housekeeping
18:15-18:20	FE-1	BISE Hardware Setup 3
18:20-18:55	FE-1	BISE Experiment
18:25-18:55	FE-3	Hygiene Procedures
18:25-19:25	CDR	Physical Exercise (TVIS) Day 1
18:40-18:55	FE-5	FOAM Deconfiguration
18:55-19:05	FE-5	FOAM Laptop Stowage
19:05-19:25	FE-5	Nutrition: Urine Collection
19:25-19:30	FE-5	Nutrition: Insert Urine Sample into MELFI

19:25-19:30	FE-4	Transfer TVIS, CEVIS, and HRM data to MEC
19:30-21:30		Pre-sleep: dinner, daily food prep, evening toilet
21:30-06:00		SLEEP
Task List	CDR, FE-3	URAGAN Observations and Photography
		ECON. 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. No OCA Access: 11:00-20:00

End of Radiogram