

Radiogram No. 8965u Form 24 for 04/14/2012

**LBNP EXERCISE. CREW OFF DUTY**

<b>GMT</b>	<b>CREW</b>	<b>ACTIVITY</b>
06:00-06:05	CDR, FE-5, FE-6	Reaction Self Test
06:00-06:10	<b>FE-1, FE-2, FE-4</b>	Morning Inspection
06:05-06:10	CDR, FE-5, FE-6	Morning Inspection
06:10-06:40		Post-sleep
06:40-07:30	CDR, FE-5, FE-6, <b>FE-2, FE-4</b>	BREAKFAST
06:40-07:30	<b>FE-1</b>	BREAKFAST. <b>SM ПСС [Caution &amp; Warning Panel] Test (after breakfast)</b>
07:30-09:05	CDR	Weekly Housekeeping
07:30-10:25	<b>FE-1</b>	Weekly Housekeeping
07:30-10:30	<b>FE-2</b>	SM Ventilation Subsystem Preventive Maintenance, Group E
07:30-08:55	<b>FE-4</b>	FGB ЛВ2 Fan Cleaning Cleaning БМП (Micropurification Unit) Fan Grille
07:30-10:30	FE-5	Weekly Housekeeping
07:30-08:30	FE-6	Weekly Housekeeping
08:30-10:00	FE-6	Physical Exercise (ARED)
08:55-10:25	<b>FE-4</b>	Physical Exercise (TVIS), Day 2
09:05-09:15	CDR	HAM Radio Session Setup
09:15-09:30	CDR	HAM Radio Session
09:30-10:00	CDR	Weekly Housekeeping
10:00-11:30	CDR	Physical Exercise (ARED)
10:00-12:00	FE-6	Weekly Housekeeping
10:25-11:20	<b>FE-1, FE-4</b> assists	LBNP Exercise (PRELIMINARY). <i>Tagup with specialists (VHF)</i>
11:30-13:00	FE-5	Physical Exercise (ARED)
11:30-12:30	CDR	Physical Exercise T 2
12:00-12:55	<b>FE-2, FE-4</b> assists	LBNP Exercise (PRELIMINARY). <i>Tagup with specialists (VHF)</i>
13:00-13:30		Weekly Planning Conference ( <i>S-band</i> )
13:30-14:30		LUNCH
14:30-15:10	<b>FE-1</b>	COЖ Maintenance
14:30-14:40	FE-5, FE-6	Food Frequency Questionnaire
14:30-15:30	CDR	Weekly Housekeeping
14:40-14:55	<b>FE-4</b>	Private Family Conference ( <i>Ku+S-band</i> )
15:15-15:45	<b>FE-1</b>	<b>ISS-MCC-M TV</b> TV address to the participants of "Star Race" competition
15:30-15:45	<b>FE-2, FE-4</b>	<b>(To=15:16, T1,T2,T3 from СПП)</b>
15:55-17:30	<b>FE-4</b>	Weekly Housekeeping SM Ventilation Subsystem Preventive Maintenance, Group E FGB ЛВ2 Fan Cleaning Cleaning БМП (Micropurification Unit) Fan Grille

15:30-15:35	CDR	CGBA Status Check
15:35-15:45	CDR	Food Frequency Questionnaire
15:40-16:00	FE-6	TREAD. Treadmill Kinematics Exercise Preparation
16:00-17:00	FE-6	Physical Exercise T 2
16:00-17:30	<b>FE-1</b>	Physical Exercise (ARED)
17:00-17:10	FE-6	TREAD. Exercise End
17:00-18:00	FE-5	Physical Exercise (CEVIS)
17:20-17:25	CDR	MPC Power Up
17:30-18:30	<b>FE-4</b>	Physical Exercise (VELO), Day 2
17:30-17:35	CDR	Software Shutdown to Transfer Data
17:30-19:00	<b>FE-2</b>	Physical Exercise (ARED)
18:35-18:40	CDR	Powering down T2 display
19:25-19:30	CDR	MPC Power Down
19:30-21:30	<b>FE-1, FE-2, FE-4</b>	Pre-sleep
19:30-21:25	CDR, FE-5, FE-6	Pre-sleep
21:25-21:30	CDR, FE-5, FE-6	Reaction Self Test
21:30-06:00		SLEEP
<b>Task List</b>	<b>FE-1, FE-2, FE-4</b>	Preparation of reports for Roskosmos site
		URAGAN. Observations and Photography
		ECON. Observations and Photography
		SEINER Ocean Observations
		Video Footage for Karusel channel

**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 ops: daily food prep, dinner, pre-sleep
- End of Radiogram