

Radiogram No. 2021u

Form 24 for 01/01/10

CREW OFF DUTY

GMT	CREW	ACTIVITY
06:00-06:05	CDR	SLEEP Data Log Entry
06:00-06:05	FE-1	Elektron-VM Aerosol Filter Inspection
06:00-06:10	FE-4	Morning Inspection
06:00-06:05	FE-5	REACTION Self Test
06:00-06:05	FE-6	Urine pH Test
06:05-06:10	CDR	REACTION Self Test
06:05-06:15	FE-1, FE-5	Morning Inspection
06:05-06:10	FE-6	SLEEP Data Log Entry
06:10-06:20	CDR	Morning Inspection
06:10-06:15	FE-6	REACTION Self Test
06:10-06:40	FE-4	Post-sleep
06:15-06:45	FE-1, FE-5	Post-sleep
06:15-06:25	FE-6	Morning Inspection
06:20-06:50	CDR	Post-sleep
06:25-06:55	FE-6	Post-sleep
06:40-07:30	FE-4	BREAKFAST
06:45-07:35	FE-1, FE-5	BREAKFAST
06:50-07:40	CDR	BREAKFAST
06:55-07:45	FE-6	BREAKFAST
09:00-10:00	FE-4	Physical Exercise (ARED)
09:30-10:30	CDR	Physical Exercise T 2
10:00-11:30	FE-4	Physical Exercise (TVIS), Day 4
10:30-12:00	CDR	Physical Exercise (ARED)
11:30-13:00	FE-1	Physical Exercise (TVIS), Day 3
12:00-13:00	FE-6	Physical Exercise T 2
13:00-14:00		LUNCH
14:00-14:40	FE-4	COX Maintenance
14:00-14:05	FE-6	PROK. Crew Diet Log. Day 1
14:00-14:15	CDR	Food Frequency Questionnaire
15:00-15:30	CDR	Rebooting all PCS/PWS
15:20-16:50	FE-5	Physical Exercise (ARED)
16:00-16:15	FE-6	Private Family Conference
16:00-17:00	FE-1	Physical Exercise (VELO), Day 3
16:50-18:20	FE-6	Physical Exercise (ARED)
17:30-17:35	FE-1	Elektron-VM Aerosol Filter Inspection
17:35-17:50	FE-5	Private Family Conference
18:20-19:20	FE-5	Physical Exercise T2
19:00-19:05	CDR	Transfer TVIS, CEVIS, and HRM data to MEC
19:10-19:25	CDR	Private Family Conference

19:05-19:10	CDR	MPC Power Up
19:25-21:20	CDR	Pre-sleep
19:25-21:25	FE-5, FE-6	Pre-sleep
19:30-21:30	FE-1, FE-4	Pre-sleep
21:20-21:25	CDR	REACTION Self Test
21:25-21:30	CDR	MPC Power Down
21:25-21:30	FE-5	REACTION Self Test
21:25-21:30	FE-6	REACTION Self Test
21:30-06:00		SLEEP
Task List	FE-1	Transfer urine from USOS EDV-U to Progress Rodnik / r/g 2040
		Cargo Transfers from behind FGB Panel 402 / r/g 2033
		PLANTS-2. Payload Status Check
	FE-1, FE-4	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