

Radiogram No. 2551u

Form 24 for 06/08/2013

CREW OFF DUTY

TIME	CREW	ACTIVITY
06:00-06:05	CDR	PLAZMENNIY KRISTALL. Pressure Check
06:00-06:10	FE-2	Morning Inspection. RSS1, RSS2 Reboot
06:00-06:10	FE-3, FE-4	Morning Inspection
06:00-06:10	FE-5	HRF - Generic Sample Operations
06:00-06:10	FE-6	HRF - Sample Collection
06:05-06:10	CDR	Morning Inspection. Laptop RS2(1) Reboot
06:10-06:15	FE-5, FE-6	HRF - Sample MELFI Insertion
06:10-06:40	CDR, FE-2, FE-3, FE-4	Post-sleep
06:15-07:15	FE-5	BIOME - Questionnaire and sample collection
06:15-06:20	FE-6	PROK - Urine Sample Collection
06:20-06:30	FE-6	Morning Inspection
06:30-07:00	FE-6	Post-sleep
06:40-07:30	CDR, FE-2, FE-3	BREAKFAST
06:40-07:30	FE-4	BREAKFAST. SM ПСС (Caution & Warning Panel) Test (after breakfast)
07:00-07:50	FE-6	BREAKFAST
07:15-07:20	FE-5	HRF - Urine Sample MELFI Insertion
07:20-08:05	FE-5	BIOME- Sampling Operations
07:30-10:30	CDR	Weekly Housekeeping SM Ventilation Subsystem Preventive Maintenance, Group E FGB ЛБ2 Fan Cleaning Inspection of Air Conditioner Inspection and Cleaning of Auxiliary Computer System (BKC) Laptops
07:30-10:30	FE-2	Weekly Housekeeping
07:30-10:30	FE-3	Weekly Housekeeping
7:30-08:50	FE-4	Weekly Housekeeping SM Ventilation Subsystem Preventive Maintenance, Group E FGB ЛБ2 Fan Cleaning Inspection of Air Conditioner Inspection and Cleaning of Auxiliary Computer System (BKC) Laptops
07:50-10:50	FE-6	Weekly Housekeeping
08:05-08:10	FE-5	HRF - Urine Sample MELFI Insertion
08:10-08:40	FE-5	Post-sleep
08:40-09:40	FE-5	BREAKFAST
08:50-10:20	FE-4	Physical Exercise (ARED)
09:40-09:45	FE-5	BIOME- Experiment Sample Stowage
09:45-09:50	FE-5	Crew reminder about the circadian rhythms registration experiment
09:50-10:20	FE-5	Weekly Housekeeping
10:20-11:50	FE-5	Physical Exercise (ARED)

10:30-11:30	FE-2	БД-2 - testing control panel display functionality
10:45-10:50	FE-3	CGBA - Status Check and Monitor Cleaning
11:30-13:00	CDR	Physical Exercise БД-2 -1
11:50-13:20	FE-2	Physical Exercise (ARED)
11:50-13:20	FE-5	Weekly Housekeeping
12:00-13:20	FE-4	Weekly Housekeeping Cleaning SM and FGB Potok-150MK Air Purification System Pre-filters
12:20-13:20	FE-3	Physical Exercise (CEVIS)
13:20-13:50		Weekly Planning Conference (<i>S-band</i>)
13:50-14:50		LUNCH
14:50-15:00	FE-3, FE-6	Food Frequency Questionnaire
14:50-15:30	FE-5	Weekly Housekeeping
15:00-15:40	CDR, FE-2, FE-4	Greetings Video
15:00-15:15	FE-3	ARED Flywheel Cylinder Evacuation
15:00-15:05	FE-6	PROK - Controlled Diet Log
15:30-15:40	FE-3, FE-5, FE-6	Recording video greeting to celebrate the 50th Anniversary of V. Tereshkova flight.
16:10-17:40	FE-2	T2 Exercise - Day 4
16:10-16:30	FE-5	BIOME - Sampling Setup
16:25-17:55	FE-3	Physical Exercise (ARED)
16:30-17:30	FE-5	Physical Exercise (CEVIS)
16:30-16:45	FE-6	Private family conference
16:55-17:55	FE-6	Physical Exercise T2
17:00-17:40	FE-2	COЖ Maintenance.
17:30-17:40	FE-5	BIOME - Sample Collection
17:40-18:40	CDR	Physical Exercise (VELO), Day 1
17:40-17:45	FE-5	HRF - Sample MELFI Insertion
17:50-18:00	FE-5	BIOME - Hardware Stow after the experiment
17:55-19:25	FE-6	Physical Exercise (ARED)
18:30-19:30	FE-4	Physical Exercise T2 -4
18:50-19:30	FE-5	Thermolab - working with circadian rhythms equipment
19:10-19:50	FE-3	Pre-sleep
19:25-21:25	CDR, FE-6	Pre-sleep
19:25-21:30	FE-2	Pre-sleep
19:30-21:30	FE-4, FE-5	Pre-sleep
19:50-20:10	FE-3	ISS - HAM Radio Session
20:10-21:30	FE-3	Pre-sleep
21:25-21:30	CDR	PLAZMENNIY KRISTALL. Pressure Check
21:25-21:30	FE-6	Reading REMINDER
21:30-06:00		SLEEP

Task List	CDR, FE-2, FE-4	ECON-M. Observations and Photography
		Preparation of reports for Roskosmos site

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
 4. **Russian crew uses US exercise equipment strictly per F24 or OSTPV**
 5. **Do not use ISS RS windows at 19:20 - 19:35 and 22:35 - 22:50**
 6. **For high beta angles the crew powers off all unused Auxiliary Computer System (BKC) Laptops**
- End of Radiogram