

Radiogram No. 1711u  
**LBNP Exercise**

Form 24 for 03/05/2013

TIME	CREW	ACTIVITY
06:00-06:10	FE-1	IMMUNO. Saliva Sample (Session 1)
06:00-06:10	FE-4	Morning Inspection. SM ПСС (Caution & Warning Panel) Test Reboot Laptop RS2(1)
06:00-06:10	FE-2	Morning Inspection. RSS1, 2 Reboot
06:10-06:20	FE-2	Morning Inspection
06:10-06:20	FE-1	IMMUNO. First stress test, questionnaire data entry
06:10-06:30	FE-4	Post-sleep
06:20-06:35	FE-1	IMMUNO. Venous blood collection
06:20-06:35	FE-2	IMMUNO. Assistance in the Experiment
06:30-07:10	FE-4	BREAKFAST
06:35-06:55	FE-1	IMMUNO. Venous blood sample processing (smear)
06:35-06:50	FE-2	IMMUNO. Venous blood sample processing using Plasma-03 centrifuge. <i>Tagup with specialists (S-band)</i>
06:50-06:55	FE-2	IMMUNO. Equipment handover for MELFI Insertion
06:55-07:00	FE-1	IMMUNO. Equipment Stowage
06:55-07:05	FE-2	Post-sleep
07:00-07:20	FE-1	Post-sleep
07:05-07:20	FE-2	BREAKFAST
07:10-07:20	FE-4	Verification of anti-virus scan results on Auxiliary Computer System (BKC) laptops
07:20-07:35		Dragon Delta Emergency Procedure Drill
07:35-08:00		Daily Planning Conference (S-band). <i>Report antivirus scanning results on Auxiliary Computer System (BKC) laptops</i>
08:00-08:55	FE-1	BREAKFAST
08:00-08:30	FE-2	BREAKFAST
08:00-08:30	FE-4	Receiving MRM2 TBY SW version 03.03 file, equipment setup, configuration setup before MRM2 TBY1 software upgrade. <i>Tagup with specialists (S-band)</i>
08:30-09:20	FE-4	URAGAN. Observations and Photography
08:30-08:50	FE-2	Work Prep
08:50-09:50	FE-2	Crew Departure Prep
08:55-09:15	FE-1	Work Prep
09:15-10:15	FE-1	Crew Departure Prep
09:20-10:00	FE-4	Filling (separation) of EDV (KOV) <b>No. 1000</b> for Elektron from <b>CWC No. 1029, 1053. After separation Report to MCC water quantity in EDV (KOV). Handover emptied CWC to USOS</b>
09:50-10:15	FE-2	Dump TBM1-H Log-files from RSS1 Laptop. <i>Tagup with specialists (S-band)</i>
10:00-10:40	FE-4	COЖ Maintenance

10:15-11:15	CDR, <b>FE-1, FE-2</b>	TK 707 Sokol Suit Leak Check
10:40-11:40	<b>FE-4</b>	Physical Exercise (ARED)
11:15-12:10	<b>FE-1, FE-2 assists.</b>	LBNP Exercise (PRELIMINARY). <i>Tagup with specialists (S-band)</i>
11:40-13:30	<b>FE-4</b>	TKF 418 Unloading and IMS Updates
12:15-12:30	<b>FE-1, FE-2</b>	Sokol Suit Drying - Set up Suits 1 and 2 for Drying
12:30-13:25	<b>FE-2, FE-1 assists</b>	LBNP Exercise (PRELIMINARY). <i>Tagup with specialists (S-band)</i>
13:25-14:25	<b>FE-1, FE-2</b>	LUNCH
13:30-14:30	<b>FE-4</b>	LUNCH
14:30-15:00	<b>FE-2</b>	Collecting condensate water [KAB] samples from [CPB-K2M] upstream of Gas-Liquid Mixture Filter (ΦГC) to Russian Samplers – start
14:35-15:10	<b>FE-1, FE-4</b>	MATRYOSHKA-R. Preparation and Initialization of Bubble-Dosimeter Detectors A10. <i>Tagup with specialists (S-band)</i>
15:00-15:10	<b>FE-2</b>	Terminate Drying Suits 1, 2
15:10-15:25	<b>FE-2</b>	Start Drying Spacesuit 3 and Set Up the 1st Pair of Gloves for Drying
15:10-15:15	<b>FE-1, FE-4</b>	MATRYOSHKA-R. Handover of BUBBLE-dosimeters to USOS
15:15-16:05	<b>FE-1, FE-4</b>	MATRYOSHKA-R. BUBBLE-dosimeter detector initialization and deployment for exposure. <i>Tagup with specialists (S-band)</i>
15:55-16:00	<b>FE-2</b>	Finish Drying the First pair of Gloves and Start Drying the Second Pair
16:00-16:30	<b>FE-2</b>	VZAIMODEISTVIYE. Experiment Ops
16:05-16:20	<b>FE-1</b>	Private Medical Conference ( <i>Ku + S-band</i> )
16:15-17:45	<b>FE-4</b>	Physical Exercise (VELO), Day 3
16:20-16:30	<b>FE-1</b>	PAO Hardware Setup
16:30-16:50	<b>FE-1</b>	<b>TV (ISS-MCC).</b> TV-session with E. Serova and A. Samokutyayev ( <i>Ku + S-band</i> )
16:30-16:35	<b>FE-2</b>	Terminate Drying the Second Pair of Gloves
16:35-17:35	<b>FE-2</b>	Physical Exercise (TVIS), Day 3
16:50-17:20	<b>FE-1</b>	Evening Work Prep
17:20-17:30	<b>FE-1</b>	IMMUNO. Saliva Sample (Session 2)
17:30-17:40	<b>FE-1</b>	IMMUNO. Second stress test, questionnaire data entry
17:35-17:50	<b>FE-2</b>	Private Medical Conference ( <i>Ku + S-band</i> )
17:40-17:45	<b>FE-1</b>	IMMUNO. Final Equipment Stowage
17:45-18:45	<b>FE-1</b>	Physical Exercise (TVIS), Day 1
17:50-18:05	<b>FE-4</b>	Private Medical Conference ( <i>Ku + S-band</i> )
17:55-18:10	<b>FE-2</b>	Finish Drying the Third suit, Start Drying the Third Pair of Gloves
18:10-18:40	<b>FE-2</b>	Evening Work Prep
18:10-18:30	<b>FE-4</b>	IMS Update
18:30-19:05	<b>FE-4</b>	Evening Work Prep
18:40-18:45	<b>FE-2</b>	Terminate drying the third pair of gloves
18:45-19:00	<b>FE-1, FE-2</b>	Stow Suits and Gloves after Drying

19:05-19:30		Daily Planning Conference ( <i>S-band</i> )
19:30-21:30	<b>FE-1, FE-4, FE-2</b>	Pre-sleep
21:30-06:00		SLEEP
<b>Task List</b>	<b>FE-1, FE-2, FE-4</b>	ECON-M. Observations and Photography
		Preparation of reports for Roskosmos site
		Search for missing Elektron-VM Equipment
		URAGAN Observations and Photography

**Note:**

1. SM Window #9 shutter opening is at crew discretion w/ **Report to MCC**
2. **See OSTPV for USOS crew activities**
3. Pre-sleep ops: daily food prep, dinner, pre-sleep
4. **Russian crew uses US exercise equipment strictly per F24 or OSTPV**
5. **Data reception/transmission interruptions are possible in S-, Ku-bands at 18:00 - 18:30 time frame**