

Radiogram No. 4979u

Form 24 for 12/29/2010

Staging Equipment and Tools for EVA

GMT	CREW	ACTIVITY
06:00-06:10	CDR, FE-1 , FE-2 , FE-6	Morning Inspection
06:00-06:05	FE-5	Urine Spot Test
06:00-06:05	FE-4	Elektron-VM Aerosol Filter Inspection
06:05-06:25	FE-5	HRF Urine Sample Collection Subject
06:05-06:10	FE-4	Morning Inspection
06:10-06:40	FE-1 , FE-2 , FE-4 , CDR, FE-6	Post-sleep
06:25-06:35	FE-5	HRF MELFI Urine Sample Insertion
06:35-07:05	FE-5	Post-sleep
06:40-07:30	CDR, FE-1 , FE-2 , FE-4 , FE-6	BREAKFAST
07:05-07:30	FE-5	BREAKFAST
07:30-07:50		Daily Planning Conference (<i>S-band</i>)
07:50-08:15	FE-5	BREAKFAST
07:50-08:15	CDR, FE-1 , FE-2 , FE-4 , FE-6	Work Prep
08:15-09:05	FE-4	Physical Exercise (ARED)
08:15-09:45	FE-2	Physical Exercise (TVIS), Day 1
08:15-08:45	FE-5, CDR- assists	Periodic Health Status
08:20-09:35	FE-1	PNEUMOCARD Experiment
08:45-09:15	FE-6, FE-5- assists	Periodic Health Status
08:55-09:05	CDR	WRS Water Sample Analysis
09:05-10:35	CDR	Physical Exercise (ARED)
09:15-10:15	FE-6	Crew time for ISS adaptation and orientation
09:15-09:55	FE-5	Periodic Health Status (PHS) Data Entry and Hardware Stowage
09:15-10:45	FE-4	Physical Exercise (TVIS), Day 2
09:35-10:35	FE-1	Installation and connection of ECK-2B in MRM2. <i>Tagup with specialists as necessary (S-band)</i>
09:55-10:10	FE-5	Private Psychological Conference
10:10-10:45	FE-2	On-orbit Hearing Assessment using EARQ
10:10-11:40	FE-5	Physical Exercise T 2
10:15-10:20	FE-6	WHC UPA Config
10:20-10:25	FE-6	CGBA-5 Status Check
10:25-10:35	FE-6	VO2 Power Up
10:35-11:35	FE-1	Physical Exercise (VELO), Day 1
10:35-11:40	CDR	WRS Sample Collection

10:40-10:45	FE-6	Setting up video equipment
10:45-13:00	FE-2, FE-4	Stage EVA-27 equipment and tools. <i>Tagup with specialists (S-band) 5001, 5002</i> DC1 comm config
10:55-11:20	FE-6	VO2max Protocol Preparation
11:20-12:00	FE-6	VO2max Portable PFS Software Calibrations and Instrument Check
11:35-12:55	FE-1	COULOMB CRYSTAL Experiment. <i>Tagup with specialists (S-band)</i>
11:40-12:55	CDR	CPB-K Water Sampling
11:40-11:50	FE-5	CIR Alignment Pin Installation
12:00-12:40	FE-6	VO2max Protocol Execution
12:35-12:55	FE-5	HRF Urine Sample Collection Subject
12:40-12:55	FE-6	VO2max Thermolab Operations Conclude
12:55-13:00	FE-1	On MCC GO ISS O2 repress from Progress 408 CpPK (start)
12:55-13:00	FE-5	HRF Urine Sample Insertion Into MELFI
12:55-13:00	CDR	TOCA Data Recording
12:55-13:00	FE-6	VO2max Data Downlink
13:00-14:00	.	LUNCH
14:00-14:20	CDR	BCAT5 Camera Check Without SSC
14:00-14:05	FE-5	PROK Diet Logging (Day 2-4)
14:00-14:35	FE-6	VO2max. MBS Stowage
14:00-14:05	FE-1	ISS O2 repress from Progress 408 CpPK (terminate)
14:00-15:15	FE-2, FE-4	Staging EVA Equipment and EVA Tools. <i>Tagup with specialists (S-band)</i> Restore nominal comm configuration
14:05-15:05	FE-5	US Sound Level Meter (SLM) Setup and Acoustic Survey
14:05-14:15	FE-1	KOБ2 4ГБ4 Half-Coupling Shell Coolant Leak Check
14:15-14:40	FE-1	ISS-MCC-M TV. COULOMB CRYSTAL Preparation and TV Downlink (To=14:15, T1, T2, T3 from Daily Flight Program [СПП])
14:25-14:35	CDR	TOCA Potable Water Dispenser (PWD) Sample Analysis
14:35-17:05	CDR	Snubber Cup Alignment
14:35-15:35	FE-6	VO2max PPFS Stowage
14:40-15:20	FE-1	Filling EDV [KOB] for Elektron-VM from CWC №1050, 1069
15:10-15:20	FE-5	FIR Restraint
15:15-16:15	FE-2	Physical Exercise (VELO), Day 1
15:15-16:15	FE-4	Soyuz 230 Gas Analyzer Electrical Circuit Continuity Check. <i>Tagup with specialists (S-band)</i>
15:20-15:35	FE-5	SLM Data Transfer To MEC
15:20-16:00	FE-1	COЖ Maintenance
15:35-16:35	FE-5	Crew time for ISS adaptation and orientation
15:35-16:35	FE-6	Physical Exercise T 2
16:00-16:25	FE-1	ISS-MCC-M TV. COULOMB CRYSTAL Preparation and TV Downlink (T1, T2, T3 - from Daily Flight Program [СПП])
16:15-17:05	FE-4	RUSALKA Hardware Setup and Observations
16:25-16:50	FE-1, FE-2	Private Family Conference (Ku+S-band)
16:35-16:45	FE-5	FIR Restraint

16:35-16:45	FE-6	T2 Snubber Arm Inspection
16:45-18:15	FE-6	Physical Exercise (ARED)
16:50-17:10	FE-5	HRF Urine Sample Collection Subject
16:50-18:20	FE-1	Physical Exercise (TVIS), Day 1
16:50-18:30	FE-2	Stowing disposal hardware in Progress 408 and IMS updates
17:05-17:25	FE-4	RUSALKA. Closeout Ops, Data Copy
17:05-17:35	CDR	WMK In-Flight Water Processing
17:10-17:15	FE-5	HRF Urine Sample Insertion Into MELFI
17:15-18:15	FE-5	Physical Exercise (CEVIS)
17:25-17:30	FE-4	Stow Video Equipment Used for ARED Exercise Video
17:35-18:35	CDR	Physical Exercise T2
17:55-18:10	FE-4	RUSALKA Terminate Data Copy and Downlink via OCA
18:10-18:20	FE-4	RUSALKA Hardware Removal
18:15-18:20	FE-6	Exercise Video Equipment Stow
18:15-18:35	FE-5	HRF Urine Sample Collection Subject
18:20-18:35	FE-1	Verify ИП-1 Flow Meter Configuration
18:20-18:25	FE-6	VO2 Crew Portable Pulmonary Function System Conclude
18:30-18:45	FE-2	URISIS Hardware Setup
18:30-18:35	FE-4	Elektron-VM Aerosol Filter Inspection
18:30-18:40	FE-6	EHS Water Reclamation
18:35-18:50	CDR, FE-1 , FE-4	Evening Work Prep
18:35-18:40	FE-5	HRF Urine Sample Insertion Into MELFI
18:40-18:50	FE-5	HRF Blood Collection Hardware Setup
18:40-18:50	FE-6	TOCA 2 Data Recording
18:45-18:50	FE-2	Evening Work Prep
18:50-19:10		Daily Planning Conference (<i>S-band</i>)
19:10-19:30		Evening Work Prep
19:30-19:35	CDR	MPC Power Up
19:30-21:30	FE-1 , FE-2 , FE-4 , FE-6, FE-5	Pre-sleep
19:35-21:25	CDR	Pre-sleep
21:25-21:30	CDR	MPC Power Down
21:30-06:00		SLEEP
Task list	FE-4	IMS Update

Notes:

1. SM Window #9 shutter opening is at crew discretion w/ **Report to MCC**
 3. Pre-sleep ops: daily food prep, dinner, pre-sleep
- End of Radiogram