

Radiogram No. 4382u

Form 24 for 10/21/2010

FGB Low Pressure Oxidizer Tanks [БНДО] 1-3 Refill from Progress 405 КДУ [Integrated Propulsion System] Section 1 Tanks

GMT	CREW	ACTIVITY
06:00-06:10	CDR, FE-1 , FE-3, FE-5 , FE-6	Morning Inspection
06:00-06:05	FE-2	Elektron-VM Aerosol Filter Inspection
06:05-06:10	FE-2	Morning Inspection
06:10-06:40		Post-sleep
06:40-07:30		BREAKFAST
07:30-07:35		Work Prep
07:35-08:00		Daily Planning Conference (<i>S-band</i>)
08:00-09:30	CDR	Sleep Actiwatch Battery Swap and Data Download using HRF PC 1
08:00-08:10	FE-6	Work Prep
08:00-08:15	FE-1, FE-2 , FE-3, FE-5	Work Prep
08:10-08:20	FE-6	ICV-MAKITA Battery Installation
08:15-11:35	FE-1	Draining coolant from ORU internal volume <i>Tagup with specialists (S-band)</i>
08:15-08:30	FE-3	Food Frequency Questionnaire
08:15-11:05	FE-5	PILOT-M Experiment Using Neurolab
08:25-08:35	FE-6	HYDRO Retrieval From MELFI
08:30-09:30	FE-3	Crew time for ISS adaptation and orientation
08:35-08:40	FE-6	HYDRO Leak Check
08:40-08:55	FE-6	HYDRO 2 MEU Detachment
08:45-09:05	FE-2	PILOT. Assistance with the experiment using Neurolab
08:55-09:30	FE-6	HYDRO Fixation of 2 Samples
09:30-09:40	FE-6	HYDRO MELFI Insertion
09:30-10:00	FE-3	Psychological Evaluation Program (WinSCAT)
09:30-11:00	CDR	Physical Exercise (ARED)
09:35-09:55	FE-2	PILOT-M Photography during the experiment, downlink via OCA
09:55-10:00	FE-6	ICV-MAKITA Battery Replacement
09:55-11:35	FE-2	Draining coolant from ORU internal volume
10:00-11:00	FE-6	Physical Exercise T2
10:00-10:10	FE-3	HMS Tonometry Hardware Computer Based Training
10:10-10:40	FE-3	HMS - Tonometry Hardware Verification
10:40-10:45	FE-3	WHC UPA Config
11:00-12:00	CDR	Physical Exercise (CEVIS)
11:00-12:30	FE-6	Physical Exercise (ARED)
11:05-11:45	FE-5	MATRYOSKA-R. BUBBLE-Dosimeter Retrieval And Readout
11:10-12:10	FE-3	Physical Exercise T2
11:35-12:35	FE-2	Crew time for ISS adaptation and orientation
11:40-13:10	FE-1	Physical Exercise (TVIS), Day 4

12:00-12:35	CDR	EHS MCD Water Processing
12:15-13:15	FE-5	Physical Exercise (VELO), Day 3
12:25-12:35	FE-3	MERLIN Desiccant Replacement
12:30-12:35	FE-6	ICV-MAKITA Battery Replacement
12:35-13:05	CDR, FE-3, FE-6	ULF5 Pre-arrival Conference
13:00-13:20	FE-2	IMS Update
13:05-13:35	CDR, FE-3, FE-6	Shuttle and ISS EVA Crew Conference
13:20-14:20	FE-1, FE-2, FE-5	LUNCH
13:35-14:35	CDR, FE-3, FE-6	LUNCH
14:20-15:20	FE-5	Installing Progress 405 Docking Mechanism
14:25-15:25	FE-1	Crew time for ISS adaptation and orientation
14:35-16:05	CDR, FE-3	IFM MSG - Transfer
14:35-14:45	FE-6	BCAT 5 - BATTERY REPLACEMENT
14:45-15:00	FE-6	BCAT-5 Sample Photos
15:00-15:15	FE-6	IMS Tagup (<i>S-band</i>)
15:00-15:15	FE-2	Verify ИП-1 Flow Meter Configuration
15:15-16:05	FE-2	Download Pille Dosimeter Readings
15:15-15:45	FE-6	Hydro Preparation
15:25-16:15	FE-5, FE-1 (assists)	Study Of Cardiovascular System Under Graded Physical Load To=15:45. Tagup with specialists (VHF)
15:45-16:05	FE-6	HYDRO Experiment Ops
16:05-16:35	CDR	MSG - Umbilical Mate
16:05-16:10	FE-6	ICV-MAKITA Battery Replacement
16:05-17:00	FE-2	Physical Exercise (TVIS), Day 4
16:10-17:40	FE-3	Physical Exercise (ARED)
16:20-17:00	FE-5, FE-1	IDENTIFICATION. Copy ИМУ-Ц micro-accelerometer data to laptop (FE-1: part of handover)
16:25-16:30	FE-6	Connecting DCP Power Cable
16:30-16:35	FE-6	Connecting DCP Power Cable
16:35-16:40	FE-6	Robotic Workstation (RWS) Crew Restraint Installation
16:35-17:00	CDR	MSG Glove Box - Video Equipment Set Up
16:40-16:45	FE-6	DOUG Cable Config
16:45-17:10	FE-6	Starting DOUG software to support SSRMS ops
17:00-17:40	FE-1, FE-2	IntermodularTORU Test with Docked Progress 407 (<i>VHF</i>)
17:00-17:10	CDR	MSG Facility Transfer Preparation
17:00-17:40	FE-5	COЖ Maintenance
17:10-17:40	FE-6	LAB and CUP RWS Powerup
17:10-17:20	CDR	CWC Audit
17:30-17:45	CDR	Physical Exercise (CEVIS)

17:40-18:40	FE-2	Physical Exercise (ARED)
17:40-18:10	FE-3, FE-6	SSRMS Ops
17:40-19:00	FE-5	Physical Exercise (TVIS), Day 3
17:40-18:40	FE-1	Physical Exercise (VELO), Day 4
17:45-17:55	CDR	HMS Tonometry Hardware Computer Based Training
17:55-18:25	CDR	HMS - Tonometry Hardware Verification
18:10-18:20	FE-3	Terminate EMU Metox Regeneration
18:10-18:15	FE-6	RWS Crew Restraint Removal
18:15-18:45	FE-6	Crew Medical Officer (CMO) Proficiency Training
18:20-18:30	FE-3	Start EMU Metox Regeneration
18:25-18:35	CDR	MSG. Leak Check and Monitoring
18:30-18:40	FE-3	HRF Blood Collection Hardware Setup
18:35-19:05	CDR	Evening Work Prep
18:40-19:05	FE-1 , FE-3	Evening Work Prep
18:40-18:45	FE-2	Elektron-VM Aerosol Filter Inspection
18:45-19:05	FE-2	Evening Work Prep
18:45-19:05	FE-6	Evening Work Prep
19:05-19:30		Daily Planning Conference (<i>S-band</i>)
19:30-19:35	FE-6	ICV-MAKITA Battery Stow
19:30-21:30	CDR, FE-1 , FE-2 , FE-3, FE-5	Pre-sleep
19:35-19:40	FE-6	MPC Power Up
19:40-20:35	FE-6	Pre-sleep
20:35-20:50	FE-6	Private Family Conference
20:50-21:15	FE-6	Pre-sleep
21:25-21:30	FE-6	MPC Power Down
21:30-06:00		SLEEP

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: dinner, daily food prep, evening toilet
- End of Radiogram