

Radiogram No. 1493nu Updated Form 24 for 10/23/09

**Physical Fitness Evaluation. Science Experiments**

GMT	CREW	ACTIVITY
06:00-06:10	CDR, FE-2, <b>FE-3</b> , FE-4	Morning Inspection
06:00-06:05	<b>FE-1</b>	Elektron-VM Aerosol Filter Inspection
06:00-06:10	FE-5	Acoustic Dosimeters: Post-Sleep Data Recording (operation 3 of 5)
06:05-06:15	<b>FE-1</b>	SONOCARD Experiment Termination
06:10-06:40	CDR, FE-2, <b>FE-3</b> , FE-4	Post-sleep
06:10-06:30	FE-5	Acoustic Dosimeters Equipment Deployment (operation 1 of 5)
06:15-06:45	<b>FE-1</b>	Post-sleep
06:30-06:35	FE-5	REACTION Self Test
06:35-06:55	FE-5	Post-sleep
06:40-07:30	CDR, FE-2, <b>FE-3</b> , FE-4	BREAKFAST
06:45-07:30	<b>FE-1</b>	
06:55-07:30	FE-5	
07:30-07:50	<b>FE-1</b> , FE-2, <b>FE-3</b> , FE-4, FE-5	Work Prep
07:45-07:50	CDR	HAM Radio Setup
07:50-08:15		Daily Planning Conference ( <i>S-band</i> )
08:15-08:30		ISS crew and ГOFY (RSA Flight Control Team) Management weekly conference ( <i>S-band</i> )
08:30-09:30	CDR, <b>FE-3</b> (assists)	Physical Fitness Evaluation (on treadmill)
08:30-09:00	FE-5	Physical Exercise (ARED)
08:30-08:45	<b>FE-1</b>	SONOCARD Copy Data to RSE-MED Laptop
08:30-08:50	FE-2	DECLIC Procedure Review
08:45-09:15	<b>FE-1</b>	Crew time for ISS adaptation and orientation
08:50-09:00	FE-2	DECLIC Camcorder Setup
09:00-11:50	<b>FE-3</b>	PILOT-M. Experiment Using Neurolab For FE-3
09:00-09:45	FE-2	DECLIC Setup
09:20-09:30	FE-4	SDTO TVIS Harness Setup
09:20-09:40	<b>FE-1</b>	PILOT-M. Experiment Using Neurolab For FE-3
09:30-10:30	FE-4	Physical Exercise (TVIS)
09:30-09:35	CDR	ERM MPPLL Power Cable Reconnect
09:35-09:40	CDR	EPM Laptop Setup and Activation
09:40-09:45	CDR	ICV-CARDIO Equipment Prep
09:40-10:20	<b>FE-1</b>	COX Maintenance
09:45-10:25	CDR	EPM-CDL Relocation
09:45-09:55	FE-2	DECLIC Photography 1
10:00-11:00	FE-5	Physical Exercise (CEVIS)
10:20-11:20	FE-2	Physical Exercise (TVIS)
10:20-10:30	<b>FE-1</b>	PILOT-M. Photography during the experiment, downlink via OCA
10:25-10:35	CDR	HAM Radio Session
10:30-10:40	FE-4	SDTO TVIS Harness Data Downlink
10:30-11:00	<b>FE-1</b>	Crew time for ISS adaptation and orientation

10:40-10:50	FE-4	SDTO TVIS Inspection
10:50-12:20	FE-4	Physical Exercise (ARED)
11:00-12:00	FE-5	Crew time for ISS adaptation and orientation
11:00-11:15	<b>FE-1</b>	IMS Tagup ( <i>S-band</i> )
11:00-11:05	CDR	HAM Radio Setup
11:05-11:15	CDR	HAM Radio Session
11:20-12:05	FE-2	DECLIC High Temperature Insert Installation
11:20-12:20	<b>FE-1</b>	Physical Exercise (TVIS), day 1
11:20-11:40	CDR	Crew Weekly Conference With ESA ( <i>S-band</i> )
11:40-11:50	CDR	PAO Hardware Setup
11:50-12:50	<b>FE-3</b>	Physical Exercise (VELO)
11:50-12:00	CDR	Crew Prep for PAO
12:00-12:20	CDR	PAO Event ( <i>S-band</i> )
12:20-12:50	FE-5	US EVA Tool Preparation
12:20-12:50	<b>FE-1</b>	Hygiene Procedures
12:20-12:50	CDR	EPM - Data Save
12:20-12:50	FE-4	Node 1 Starboard Aft IMV Fan Inlet Cleaning
12:30-12:40	FE-2	DECLIC Photography 3
12:40-12:50	FE-2	DECLIC Removable Hard Disk Drive Installation
12:50-13:10	.	Crew Conference with Astronaut Office Management ( <i>S-band</i> )
13:10-14:10	.	LUNCH
14:10-14:30	<b>FE-1</b>	IMS Update
14:10-14:15	CDR	EPM PCMCIA-Card Installation into Laptop
14:10-15:10	<b>FE-3</b>	Cleaning FGB ГЖТ [Gas-Liquid Heat Exchanger] Detachable Screens 1, 2, and 3
14:10-14:20	FE-2	MDS Visual Inspection
14:15-14:20	CDR	PAO Hardware Deactivation
14:25-14:55	CDR, FE-2, FE-4, FE-5	Program Science Lead / Crew Conference ( <i>S-band</i> )
14:45-17:45	<b>FE-1</b>	BAR. Experiment Ops
14:55-15:10	CDR, FE-2, FE-4, FE-5	IMS Tagup ( <i>S-band</i> )
15:10-15:20	FE-5	CSA-CP Battery Changeout
15:10-15:30	<b>FE-3</b>	BAR Experiment Ops
15:10-16:10	FE-4	Smoke Detector #2 Cleaning in Node 1
15:10-15:20	FE-2	Terminate EMU Metox Regeneration
15:20-15:35	FE-2	FDS Photography
15:25-16:40	CDR	Physical Exercise (ARED)
15:35-15:50	FE-5	ICV/C Ambulatory Monitoring End
15:45-16:10	<b>FE-3</b>	FGB ЦБ1 Fan Protective Screen Cleaning
16:05-16:30	FE-2	EPI Deploy and Procedure Print
16:10-16:25	FE-4	Smoke Detector #2 Cleaning in Node 1
16:10-17:40	<b>FE-3</b>	Cleaning ГЖТ4 (Gas-Liquid Heat Exchanger) BT-7 Fan Screen
16:15-16:20	FE-5	HAM Radio Setup
16:20-16:30	FE-5	HAM Radio Session
16:25-17:00	FE-4	Flush Water Tank Fill
16:35-17:35	FE-5	Erase the Event in Log Pistol Grip Tool (PGT)

16:40-17:55	FE-2	Physical Exercise (ARED)
16:40-16:50	CDR	EPM PCMCIA Card Removal
16:50-16:55	CDR	ICV Data Transfer to HRF
17:00-17:15	FE-4	WHC. Pretreat Bad Qual LED Clear
17:15-17:25	CDR	ICV CFRDIO Closeout Ops
17:30-17:55	FE-4	Evening Work Prep
17:35-18:15	FE-5	PGT Checkout
17:40-18:40	<b>FE-3</b>	Physical Exercise (TVIS), day 4
17:45-18:45	<b>FE-1</b>	Physical Exercise (VELO), day 1
17:55-19:10	FE-4	ARED Rope Replacement
18:00-18:05	CDR	Glove Box (MSG) Powerdown
18:05-18:40	CDR	ARED Rope Replacement
18:15-19:10	FE-5	ICV Data Download
18:40-19:10	<b>FE-3</b>	Hygiene Procedures
18:40-18:45	CDR	EPM MPPLL Power Cable Reconnect
18:45-18:50	CDR	Transfer TVIS, CEVIS, and HRM data to MEC
18:45-19:10	<b>FE-1,FE-2</b>	Evening Work Prep
18:50-19:10	CDR	
19:10-19:35		Daily Planning Conference ( <i>S-band</i> )
19:35-19:55		Flight Director / ISS Crew Tagup ( <i>S-band</i> )
19:55-20:00	<b>FE-1</b>	Elektron-VM Aerosol Filter Inspection
19:55-20:00	CDR	MPC Power Up
19:55-21:05	FE-5	Pre-sleep
19:55-21:30	FE-2, <b>FE-3</b> , FE-4	
20:00-21:30	<b>FE-1</b>	
20:00-21:25	CDR	
21:05-21:10	FE-5	REACTION Self Test
21:10-21:30	FE-5	Acoustic Dosimeters: Record Data and Stow Dosimeters
21:25-21:30	CDR	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: dinner, daily food prep, evening toilet
  4. We scheduled Pilot and BAR tagups with specialists via S-band
- End of Radiogram