

Radiogram 1201u Form 24 for 01.07.2013

**Crew Off-duty**

GMT	Crew	ACTIVITY
06:00-06:05	CDR	Reaction Self Test
06:00-06:05	FE-6	Urine Collection Reminder
06:00-06:10	<b>FE-2</b>	Morning Inspection. RSS1, RSS2 Reload, БПИ Temperature Check / r/g 1009
06:00-06:10	<b>FE-1</b>	Morning Inspection Reboot Laptop RS2(1)
06:00-06:05	<b>FE-4</b>	PLAZMENNIY KRISTALL. Pressure Check / r/g 1194
06:00-06:05	FE-5	Urine Spot Test
06:05-06:10	FE-6	Urine Spot Test
06:05-06:25	FE-5	HRF Urine Sample Collection Subject
06:05-06:10	CDR	Morning Inspection
06:05-06:10	<b>FE-4</b>	Morning Inspection. Inspection of CM-Y connector on MHP-HC separator pump behind ACY panel 139
06:10-06:40	CDR, <b>FE-1</b> , <b>FE-2,FE-4</b>	Post-sleep
06:10-06:30	FE-6	HRF Urine Sample Collection Subject
06:25-06:35	FE-5	HRF - Urine Sample MELFI Insertion
06:30-06:35	FE-6	HRF - Urine Sample MELFI Insertion
06:35-06:40	FE-5	Reaction Self Test
06:35-07:05	FE-6	FE-6 Blood Draw
06:40-07:30	CDR, <b>FE-1</b> , <b>FE-2</b>	BREAKFAST
06:40-07:30	<b>FE-4</b>	BREAKFAST SM ПСС (Caution & Warning Panel) Test (after breakfast)
06:45-07:00	FE-5	Blood Draw - assistance
07:00-07:10	FE-5	Morning Inspection
07:05-07:15	FE-6	Morning Inspection
07:10-07:40	FE-5	Post-sleep
07:15-07:25	FE-6	HRF Refrigerated Centrifuge Configuration
07:25-07:30	FE-6	Reaction Self Test
07:30-07:50	CDR	Work Prep
07:30-07:55	FE-6	Post-sleep
07:40-08:30	FE-5	BREAKFAST
07:50-08:00	CDR	WRS Water Sample Analysis
07:55-08:00	FE-6	Blood tube removal and Refrigerated Centrifuge power-off
08:00-08:10	FE-6	Blood Sample Insertion in MELFI
08:10-09:05	FE-6	BREAKFAST
08:10-09:25	<b>FE-2</b>	Physical Exercise (ARED)
08:30-08:50	FE-5	Work Prep
08:30-08:50	CDR	DECLIC - RHDD swap
08:50-09:00	FE-5	EHS Air Quality Monitoring (AQM) Start
08:50-09:05	CDR	JEM- gas supply - start

09:05-09:25	FE-6	Work Prep
09:05-10:20	CDR	Clean Bench (CB) Valve Checkout
09:25-09:40	<b>FE-1,FE-2, FE-4</b>	<b>Telephone conference</b> with the Patriarch of Russian Orthodox Church ( <i>VHF</i> )
10:00-11:30	FE-5	Physical Exercise (ARED)
10:05-11:05	<b>FE-4</b>	Physical Exercise (TVIS), Day 2
10:15-10:35	FE-6	HRF Urine Sample Collection Subject
10:20-10:30	CDR	TOCA 2 Data Recording
10:30-11:30	CDR	Physical Exercise (CEVIS)
10:35-10:40	FE-6	MELFI Urine Sample Insertion
10:45-11:05	FE-6	HAM Radio Session
11:30-13:00	<b>FE-1</b>	Physical Exercise (TVIS), Day 3
11:30-11:35	FE-6	PROK. Logfile and PH Logsheet Photography
11:30-13:00	CDR	Physical Exercise (ARED)
11:30-12:30	FE-5	Physical Exercise T 2
11:55-12:55	FE-6	Crew time for ISS adaptation and orientation
12:30-12:50	FE-5	HRF Urine Sample Collection Subject
12:50-12:55	FE-5	HRF - Urine Sample MELFI Insertion
12:55-13:55	FE-5,FE-6	LUNCH
13:00-14:00	CDR	LUNCH
13:15-13:30	<b>FE-1,FE-2, FE-4</b>	Private Family Conference ( <i>S + Ku-band</i> )
13:30-14:30	<b>FE-1,FE-2, FE-4</b>	LUNCH
13:55-14:00	FE-5	PROK Diet Logging (Day 2-4)
14:00-14:05	FE-5	EHS - Air Quality Monitor (AQM) End
14:05-14:15	FE-6	MAKITA Battery Recharge Setup
14:15-14:30	CDR	PHS Evaluation Setup
14:30-15:10	<b>FE-1</b>	COX Maintenance
14:30-14:45	FE-6	Periodic Health Status - Subject
14:30-14:45	FE-5	Periodic Health Status - Assistance
14:45-15:00	CDR	Periodic Health Status - Subject
14:45-15:00	FE-6	Periodic Health Status - Assistance
15:00-15:15	FE-5	Periodic Health Status - Subject
15:00-15:15	CDR	Periodic Health Status - Assistance
15:00-15:15	FE-6	JRNL - Journal entry
15:15-15:35	CDR	Stow all items used for PHS
15:15-16:15	FE-5	Crew time for ISS adaptation and orientation
15:40-17:10	<b>FE-4</b>	Physical Exercise (ARED)
16:00-17:00	<b>FE-1</b>	Physical Exercise (VELO), Day 3

16:00-16:05	FE-6	ICV-MAKITA Battery swap
16:10-17:10	FE-6	Physical Exercise T2
16:30-17:00	CDR	Crew conference with Astronaut Office
17:00-18:15	<b>FE-2</b>	Physical Exercise (TVIS), Day 2
17:10-18:40	FE-6	Physical Exercise (ARED)
17:50-18:10	FE-5	HRF Urine Sample Collection Subject
18:10-18:15	FE-5	MELFI Urine Sample Insertion
18:25-19:15	<b>FE-1,FE-2,FE-4</b>	Evening Work Prep
18:40-19:30	CDR,FE-6,FE-5	Evening Work Prep
19:15-19:30	<b>FE-1,FE-2,FE-4</b>	Daily Planning Conference ( <i>S-band</i> )
19:30-19:35	CDR	P/TV Playback Start
19:30-21:20	FE-5,FE-6	Pre-sleep
19:30-21:25	<b>FE-4</b>	Pre-sleep
19:30-21:30	<b>FE-1,FE-2</b>	Pre-sleep
19:35-21:15	CDR	Pre-sleep
21:15-21:20	CDR	PFE – Crew Reminder
21:20-21:25	CDR	Reaction Self Test
21:20-21:25	FE-5	Reminder: Generic Sample Blood Collection
21:20-21:25	FE-6	PFE - Crew Reminder
21:25-21:30	<b>FE-4</b>	PLAZMENNIY KRISTALL. Pressure Check
21:25-21:30	FE-5,FE-6	Reaction Self Test
21:25-21:30	CDR	P/TV Playback Stop
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
		URAGAN Observations and Photography

**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**

End of Radiogram