

Radiogram No. 9430 u

Form 24 for 01/18/09

CREW OFF DUTY

GMT	CREW	ACTIVITY
06:00-06:10	.	Morning Inspection
06:10-06:40		Post-sleep
06:40-07:30		BREAKFAST
07:30-10:30	CDR	Weekly Housekeeping
07:30-09:00	FE-2	Physical Exercise (RED)
09:00-10:00		Physical Exercise (TVIS)
10:00-12:55		Weekly Housekeeping
10:30-12:00	FE-1	Physical Exercise (TVIS), day 2
11:30-13:00	CDR	Physical Exercise (RED)
12:45-13:00	FE-1	Private Family Conference (<i>Ku+S-band</i>)
12:55-13:00	FE-2	EXPRESS Rack 6 Potable Water Dispenser Iodinated Ambient Water Flush
13:00-14:00	.	LUNCH
14:00-14:20	FE-2	Nutrition and Repository - Urine Sample Collection
14:00-14:15	FE-1	IRIDIUM phone charging setup, start charge
14:20-14:25	FE-2	Nutrition and Repository - Urine Sample MELFI Insertion
14:30-14:35	FE-1	IRIDIUM phone charging - status check
14:50-14:55		
15:10-15:15		IRIDIUM phone charging - terminate charge, cleanup
15:15-15:25		
15:30-16:30	CDR	Physical Exercise (TVIS)
15:50-16:30	FE-1	COX Maintenance <i>Urine Transfer to Progress 401 Rodnik Tank 1 [5B1]</i>
16:30-17:30	FE-1	Physical Exercise (VELO) day 2
17:00-17:20	FE-2	Nutrition and Repository - Urine Sample Collection
17:20-17:25		Nutrition and Repository - Urine Sample MELFI Insertion
17:25-17:55		Nutrition and Repository - Stow Urine Sampling Hardware
17:30-17:35	FE-1	Matryoshka-R. AST Spectrometer Deactivation
18:05-18:35	.	Evening Work Prep
18:35-18:50		Daily Planning Conference (<i>S-band</i>)
18:50-19:15	CDR	Evening Work Prep
18:50-19:20	FE-1	
18:50-19:05	FE-2	
19:05-19:20	FE-2	Private Family Conference (<i>Ku+S-band</i>)
19:15-19:40	CDR	Presleep (dinner, daily food prep, evening toilet)
19:30-21:30	FE-1,FE-2	
19:40-19:55	CDR	Private Family Conference (<i>Ku+S-band</i>)
19:55-21:30		Presleep (dinner, daily food prep, evening toilet)
21:30-06:00	.	SLEEP
Task List	FE-1	ECON. Observations And Photography

		URAGAN. Observations And Photography
		PLANTS-1. Payload Status Check

Notes:

1. SM Window #9 shutter opening is at crew discretion with **Report to MCC**
 2. See OSTP for references to US activities.
- End of Radiogram