

Radiogram No. 9018nu Form 24 for 04/21/2012 (Updated)

LBNP Exercise (Preliminary). Crew Off-Duty

GMT	CREW	ACTIVITY
06:00-06:10	CDR, FE-1 , FE-4 , FE-6	Morning Inspection
06:00-06:10	FE-2	BREAKFAST. SM ПСС [Caution & Warning Panel] Test (after breakfast)
06:00-06:10	CDR, FE-5, FE-6	Integrated Immune Liquid Saliva Sample Collection
06:10-06:20	FE-5	Urine Spot Test
06:10-06:40	CDR, FE-1 , FE-2 , FE-4 , FE-6	Post-sleep
06:20-06:45	FE-5	Post-sleep
06:40-07:30	CDR, FE-1 , FE-2 , FE-4 , FE-6	BREAKFAST
06:45-07:30	FE-5	BREAKFAST
07:30-08:40	CDR	Weekly Housekeeping
07:30-10:00	FE-6	Weekly Housekeeping
07:30-10:00	FE-2 , FE-4	Weekly Housekeeping
07:30-10:30	FE-1	SM Ventilation Subsystem Preventive Maintenance, Group E FGB LJB2 Fan Cleaning
07:30-10:30	FE-5	Weekly Housekeeping
08:40-10:10	CDR	Physical Exercise (ARED)
10:00-10:15	FE-4	Private Family Conference (S + Ku-band)
10:10-11:40	FE-6	Physical Exercise (ARED)
10:10-11:10	CDR	Physical Exercise T2
10:15-11:10	FE-2 , FE-4 assists	LBNP Exercise (PRELIMINARY). <i>Tagup with specialists (VHF)</i>
10:40-10:55	FE-1	Private Family Conference (S + Ku-band)
10:45-10:50	FE-5	MPC Power Up
11:10-12:30	CDR	Weekly Housekeeping
11:10-11:40	FE-4	Weekly Housekeeping SM Ventilation Subsystem Preventive Maintenance, Group E FGB LJB2 Fan Cleaning
11:40-12:10	FE-6	Weekly Housekeeping
11:50-12:45	FE-1 , FE-4 assists	LBNP Exercise (PRELIMINARY). <i>Tagup with specialists (VHF)</i>
12:25-12:55	FE-2	Weekly Housekeeping. Cleaning SM and FGB Potok Air Purification System Pre-filters
12:30-12:35	CDR	CGBA Status Check
12:50-12:55	FE-5	MPC Power Down
13:10-13:40		Weekly Planning Conference (S-band)
13:40-14:40		LUNCH
14:40-14:50	CDR, FE-6	Food Frequency Questionnaire
14:40-15:40	FE-4	TBU, TBU-V and Cryogen-03 Thermostatic Container Setup (Installation

		and Connection) <i>Tagup with specialists (S-band)</i>
14:40-14:45	FE-5	PROK Diet Logging (Day 2-4)
14:40-14:45	FE-1	Display Power down
14:45-15:25	FE-1	COX Maintenance
15:25-15:30	FE-1	Shutting down software to transfer data
15:40-15:55	FE-4	BTX. Thermostatic Container Activation: Cryogem-03 at +4 deg C, TBU-V at +29 deg C, TBU at +37 C setting
15:50-15:55	FE-1	PAO Hardware Setup
15:55-16:05	FE-1, FE-2, FE-4	Crew Prep for PAO
16:00-17:00	FE-6	Physical Exercise T 2
16:00-17:00	FE-5	Physical Exercise (CEVIS)
16:05-16:20	FE-1, FE-2, FE-4	ISS-MCC-M TV TV Greeting to the Winners of Gagarin Cup in European Hockey Tournament (<i>Ku + S-band</i>)
16:20-17:50	FE-4	Physical Exercise (TVIS), Day 1
17:00-18:30	FE-1	Physical Exercise T 2
17:00-18:30	FE-5	Physical Exercise (ARED)
17:40-19:10	FE-2	Physical Exercise (TVIS), Day 1
18:30-18:50	FE-5	Human Research Facility (HRF) Urine Collection Hardware Setup
18:30-19:30	FE-4	Physical Exercise (ARED)
19:10-19:25	FE-6	Journal Entry
19:15-19:30	CDR	Journal Entry
19:30-21:30		Pre-sleep
21:30-06:00	CDR, FE-5, FE-6	SLEEP
21:30-07:30	FE-1, FE-2, FE-4	SLEEP
Task List	FE-1, FE-2, FE-4	Preparation of reports for Roskosmos site
		URAGAN. Observations and Photography
		SEINER Ocean Observations
		ECON. 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
- End of Radiogram