

Radiogram No. 9409u Form 24 for 07.12.04

CARDIO-LBNP Medical Operations

GMT	CREW	ACTIVITY
06:00-06:10		Morning inspection
06:10-06:40		Post-sleep
06:40-07:30		BREAKFAST
07:30-07:40		Prep for work
07:40-07:55		Daily planning conference (<i>S-band</i>)
07:55-08:05	CDR	Express Rack 3 ARIS: Guide Rail Disassembly
07:55-08:55	FE-1	CARDIO-LBNP. Experiment Setup and Session 1 Measurement Session, To=08:42 Tag up w/specialists (<i>S-band</i> + <i>VHF</i>)
08:05-08:55	CDR (assist)	
08:55-09:45	FE-1	CARDIO-LBNP. Wait Between Comm Passes.
09:10-09:30	CDR	EMU Discharge Cycle Start
09:30-09:50	CDR	ARIS on Express Rack 3: Longitudinal Strain Test w/Crew Monitoring
09:45-11:00	FE-1	CARDIO-LBNP. Setup for and Session 2. Closeout operations, To=10:16 Tag up (<i>S-band</i> + <i>VHF</i>)
09:55-10:35	CDR (assist)	
10:35-10:40	CDR	SSC Reconfig for A/L Operations Support
11:00-11:15	CDR,FE-1	Conference with Sky Odyssey participants (<i>S-band</i>)
11:15-12:15	FE-1	Ghosting of HD S/N 6156, Version 07.01 and 07.02 to Laptop 2 <i>Tagup (<i>S-band</i>)</i>
11:20-11:30	CDR	ARIS on EXPRESS rack 3: snubber pin / cup adjustment
11:30-12:30	CDR	Physical Exercise (TVIS) day 4
12:20-12:30	FE-1	CO2 ГА ИК0501 Filter Assembly (БФ) Replacement (<i>Install #081 (009840R), ФГБ1ПГО_2_210_1 in bag 350-6, removed unit – for return, update IMS</i>)
12:30-13:30		ISS fire drill <i>Tagup (<i>S-band</i>)</i>
13:30-14:30		LUNCH
14:30-14:35	CDR	ARIS on EXPRESS rack 3: snubber pin / cup adjustment
14:35-14:50	FE-1	Private medical conference (<i>S</i> + <i>Ku-band</i>)
14:35-14:55	CDR	IMS file prep
14:50-15:20	FE-1	COЖ maintenance
14:55-15:10	CDR	Private medical conference (<i>S</i> + <i>Ku-band</i>)
15:10-16:10	CDR	Cargo Transfer into ZSR N104 Rack
15:20-16:20	FE-1	FGB Gas-Liquid Heat Exchanger 1, 2, 3 Removable Screen Cleaning
16:10-16:20	CDR	PAO set up
16:20-16:30		PAO prep
16:30-16:50		EPO: Phelps Junior and Senior High Schools, Phelps, KY (<i>S</i> + <i>Ku-band</i>)
16:50-18:15	CDR	Physical Exercise (RED)
16:50-18:20	FE-1	Physical Exercise (TVIS) day 4
18:15-18:20	CDR	ARIS on EXPRESS rack 3: snubber pin / cup adjustment
18:20-18:35	FE-1	UROLUX Hardware Setup
18:20-18:30	CDR	ARIS on EXPRESS rack 3: guide installation
18:30-18:35	CDR	TVIS, RED, and HRM Data Transfer to MEC
18:35-18:55		Daily plan review
18:55-19:15		Report prep
19:15-19:30		Daily planning conference (<i>S-band</i>)
19:30-20:00		DINNER

20:00-20:30		Daily food prep
20:30-21:30		Pre-sleep
21:30-06:00		SLEEP

Note: See OSTP for references to US activities
End of radiogram