

Radiogram No. 3378u

Form 24 for 06/21/2010

CREW OFF-DUTY

GMT	CREW	ACTIVITY
06:00-06:10	CDR,FE-5	Morning Inspection
06:00-06:05	FE-2,FE-4,FE-6	REACTION Self Test
06:00-06:05	FE-3	Elektron-VM Aerosol Filter Inspection
06:05-06:25	FE-6	Acoustic Dosimeters - Equipment Setup (operation 1 of 5)
06:05-06:10	FE-2	SLEEP Data Log Entry
06:05-06:10	FE-3	Morning Inspection
06:05-06:40	FE-4	Post-sleep
06:10-06:20	CDR,FE-3,FE-5	Calf Volume Measurement (<i>FE-5 to use H30Г #95, b/c 00052012R, CM1PO_2_MEDLOCKER_c3</i>)
06:10-06:35	FE-2	Post-sleep
06:20-06:30	CDR	Post-sleep
06:20-06:30	FE-3	MO-8. Setup
06:20-06:45	FE-5	Post-sleep
06:25-06:50	FE-6	Post-sleep
06:30-06:55	FE-3	Post-sleep
06:30-06:35	CDR	Body Mass Measurement
06:35-07:30	CDR	BREAKFAST
06:35-06:40	FE-2	Body Mass Measurement
06:40-07:30	FE-2	BREAKFAST
06:40-06:45	FE-4	Body Mass Measurement
06:45-07:30	FE-4	BREAKFAST
06:45-06:50	FE-5	Body Mass Measurement
06:50-06:55	FE-6	Body Mass Measurement
06:50-07:30	FE-5	BREAKFAST
06:55-07:00	FE-3	Body Mass Measurement
06:55-07:30	FE-6	BREAKFAST
07:00-07:10	FE-3	MO-8. Cleanup
07:10-07:30	FE-3	BREAKFAST
07:30-07:50	.	Work Prep
07:50-08:15	.	Daily Planning Conference (<i>S-band</i>)
08:15-09:15	FE-2	Physical Exercise (CEVIS)
08:15-09:15	FE-5	Soyuz 229 Unloading and IMS Ops
08:15-08:25	FE-4	CIR Alignment Guide Removal
08:15-08:45	CDR	Stow previously dismounted equipment (B5-3 removable rollers)
08:25-10:55	FE-4	ISS Crew Adaptation
08:30-11:00	FE-6	ISS Crew Adaptation
08:45-08:50	CDR	MPC Power Up
08:50-09:10	CDR	Downlink Video Scenes for the Odyssey Schoolchildren Festival (<i>Ku+S-band</i>)
09:10-09:15	CDR	MPC Power Down

09:15-10:15	FE-5	ODF Replacement
09:15-09:30	FE-2	CSLM2 SPU2 Data Transfer With Crew
09:15-10:45	CDR	Physical Exercise (TVIS), Day 4
09:55-10:45	FE-2	Coarsening in Solid-Liquid Mixtures-2 SPU 2 Exchange
10:15-11:15	FE-5	ISS Crew Orientation
10:25-10:45	FE-3	Answering questions from newspaper Vecherny Chelabinsk (<i>S-band</i>)
10:45-10:50	CDR	MRM1 comm config for experiment
10:45-11:15	FE-2	CSLM2 Vacuum Vent Start 1
10:50-11:30	CDR	IDENTIFICATION. Copy ИМУ-Ц Micro-Accelerometer Data to Laptop. <i>Tagup with specialists (S-band)</i>
11:00-12:30	FE-3	Physical Exercise (TVIS), Day 1
11:00-11:30	FE-4,FE-6	Crew Medical Restraint System (CMRS) - Checkout
11:15-11:30	FE-2	ARED Flywheel Cylinder Evacuation
11:30-13:00	FE-2	Physical Exercise (ARED)
11:30-11:35	CDR	MRM1 Comm Reconfig
11:30-11:45	FE-4,FE-6	Respiratory Support Pack Checkout
11:35-12:05	CDR	Crew Medical Officer (CMO) Proficiency Training
11:45-11:55	FE-6	EHS GC/DMS Ops Start
11:45-12:05	FE-4	JEM MAC Address Converter Unit Attachment To JPM1FD4
12:20-12:40	FE-4,FE-6	Crew Discretionary Conference (<i>Ku+S-band</i>)
12:30-13:00	FE-3	Crew Medical Officer (CMO) Proficiency Training
12:40-12:55	CDR	Soyuz 228 Gas Analyzer Activation
12:45-13:00	FE-4, FE-5 ,FE-6	CMS and ARED Introduction
13:00-14:00	.	LUNCH
14:00-14:10	FE-2	WRS Water Sample Analysis
14:25-15:25	FE-2,FE-4,FE-6	ISS-23/ISS-24 Crew Handover
14:50-15:50	FE-5	Physical Exercise (VELO), Day 2
15:00-15:40	CDR	COЖ Maintenance
15:25-15:40	FE-6	Private Medical Conference
15:25-15:40	FE-4	CEVIS Exercise Protocol Swap
15:40-15:45	FE-6	T2 Node 2 WAP Delete
15:40-16:40	FE-4	ISS Crew Orientation
15:45-16:15	CDR	SEINER Ocean Observations
15:45-16:45	FE-6	ISS Crew Orientation
15:50-16:00	FE-5	SPD Installation and Inspection
16:00-17:30	FE-5	Physical Exercise (TVIS), Day 2
16:10-16:20	FE-2	TOCA 2 Data Recording
16:20-16:40	FE-3	IMS Update
16:40-17:00	FE-3	ББ-3М (VELO) Telemetry Checkout. (To=16:50) <i>Tagup with specialists (S-band)</i>
16:55-17:00	FE-6	EHS GC/DMS Ops Terminate
16:55-17:10	FE-4	Private Medical Conference
17:00-18:00	FE-3	Physical Exercise (VELO), Day 1

17:15-18:15	CDR	Physical Exercise (ARED)
18:15-18:40	CDR,FE-4,FE-5,FE-6	Evening Work Prep
18:15-18:20	FE-3	Elektron-VM Aerosol Filter Inspection
18:15-18:30	FE-2	CSLM2 Vacuum Vent Stop 1
18:20-18:40	FE-3	Evening Work Prep
18:30-18:40	FE-2	Evening Work Prep
18:40-19:05	.	Daily Planning Conference (<i>S-band</i>). Report to MCC: Soyuz 229 Unloading Status
19:05-19:30	CDR,FE-3,FE-4,FE-5,FE-6	Evening Work Prep
19:05-19:20	FE-2	CSLM2 Vacuum Vent Start 2
19:20-19:30	FE-2	Evening Work Prep
19:30-21:30	FE-3,FE-5	Pre-sleep
19:30-21:20	CDR	Pre-sleep
19:30-19:35	FE-2	MPC Power Up
19:30-19:35	FE-4,FE-6	REACTION Self Test
19:35-19:40	FE-2	REACTION Self Test
19:35-21:30	FE-4,FE-6	Pre-sleep
19:40-21:25	FE-2	Pre-sleep
21:20-21:30	CDR	RUSALKA Battery Charge
21:25-21:30	FE-2	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 ops: dinner, daily food prep, evening toilet
- End of Radiogram