

Radiogram No. 1618u

Form 24 for 11/09/2009

**RELAXATION EXPERIMENT**

<b>GMT</b>	<b>CREW</b>	<b>ACTIVITY</b>
06:00-06:05	<b>FE-1</b>	Elektron-VM Aerosol Filter Inspection
06:00-06:10	CDR,FE-2, <b>FE-3</b> , FE-4,FE-5	Morning Inspection
06:05-06:10	<b>FE-1</b>	
06:10-06:20	<b>FE-1</b>	MO-8. Setup
06:10-06:20	<b>FE-3</b> ,FE-5	Post-sleep
06:10-06:40	FE-2	
06:10-06:30	CDR	
06:10-06:45	FE-4	
06:20-06:30	<b>FE-1</b> , <b>FE-3</b> ,FE-5	Calf Volume Measurement
06:30-06:35	<b>FE-1</b>	Post-sleep
06:30-06:50	FE-5	
06:30-06:55	<b>FE-3</b>	Body Mass Measurement
06:30-06:45	CDR	
06:35-06:50	<b>FE-1</b>	
06:40-06:55	FE-2	
06:45-07:00	FE-4	Post-sleep
06:45-06:55	CDR	
06:50-07:05	FE-5	Body Mass Measurement
06:50-07:10	<b>FE-1</b>	Post-sleep
06:55-07:45	FE-2	BREAKFAST
06:55-07:45	CDR	
06:55-07:10	<b>FE-3</b>	Body Mass Measurement
07:00-07:45	FE-4	BREAKFAST
07:05-07:55	FE-5	
07:10-07:20	<b>FE-1</b>	MO-8. Cleanup
07:10-07:25	<b>FE-3</b>	<b>On MCC GO</b> БМП Φ1 Absorption Cartridge Regeneration (start)
07:20-08:05	<b>FE-1</b>	BREAKFAST
07:25-08:05	<b>FE-3</b>	
07:45-07:50	FE-4	Pill Ingestion
07:45-08:05	CDR,FE-2	Work Prep
07:50-08:05	FE-4	
07:55-08:05	FE-5	
08:05-08:30	.	Daily Planning Conference ( <i>S-band</i> )
08:30-10:20	<b>FE-3</b>	TYPOLOGY Experiment. <i>Tagup with specialists (S-band)</i>
08:30-08:45	<b>FE-1</b>	BREAKFAST
08:30-10:00	FE-5	Physical Exercise (ARED)
08:30-08:40	FE-4	JPM and LAB Window Shutter Closure
08:30-08:50	CDR	VO2max Setup
08:30-09:30	FE-2	Physical Exercise (T2)
08:40-08:50	FE-4	ICS HRMS Cable Connections Checkout

08:45-08:55	<b>FE-1</b>	Work Prep
08:50-09:00	CDR	VO2max Hardware Activation
08:55-09:55	FE-4	Physical Exercise (CEVIS)
08:55-09:10	<b>FE-1</b> (assists)	TYPOLOGY Assisting FE-3 in the experiment
09:00-09:15	CDR	WRS EDV Replacement
09:10-09:20	<b>FE-1</b>	Soyuz 226 Gas Analyzer Deactivation
09:20-10:35	<b>FE-1</b>	PNEUMOCARD Experiment
09:30-10:00	FE-2, CDR (assists)	Periodic Health Status
09:55-10:05	FE-4	ICS HRMS Cable Connections Checkout
10:00-10:50	FE-5	ICV Monitoring Setup
10:00-11:30	FE-2	Physical Exercise (ARED)
10:05-10:15	FE-4	CWQMK Spectrometer Data Download
10:20-10:30	<b>FE-3</b>	PNEUMOCARD Photography of FE-1 Performing the Experiment
10:30-11:40	CDR	VO2max Protocol Preparation
10:35-11:35	<b>FE-1</b>	Physical Exercise (VELO), day 2
10:50-12:05	FE-5	ICV/C Ambulatory Monitoring Start
10:50-11:05	FE-4	FIR. Photo/TV Video Setup
11:05-11:15	FE-4	ICV-AMB. Assistance During Experiment (operator 1)
11:25-11:30	FE-4	ICS HRMS Cable Connections Checkout
11:30-12:30	FE-2	Crew Departure Prep
11:30-12:30	<b>FE-3</b>	Physical Exercise (TVIS), day 3
11:30-11:40	FE-4	ICV-AMB. Assistance During Experiment (operator 2)
11:35-12:05	<b>FE-1</b>	Hygiene Procedures
11:40-13:00	FE-4	Physical Exercise (ARED)
11:40-12:20	CDR	VO2max Protocol Execution
12:05-13:00	FE-5	Physical Exercise (CEVIS)
12:10-13:00	<b>FE-1</b>	Download Pille Dosimeter Readings
12:20-12:35	CDR	ARED Flywheel Cylinder Evacuation
12:30-13:00	<b>FE-3</b>	Hygiene Procedures
12:35-12:50	CDR	UOP Reconfig
12:50-13:00	CDR	EHS Sampling Start
13:00-14:00	.	LUNCH
14:00-14:05	FE-2	FCF Rack Doors Open
14:00-14:40	<b>FE-1</b>	Search for Personal Dosimeter #282
14:00-14:05	CDR	VO2 Data Downlink
14:00-14:40	<b>FE-3</b>	Search for Personal Dosimeter #330
14:00-14:30	FE-5	Water Recovery System (WRS) Pump Equipment Retrieve
14:05-15:05	CDR	Physical Exercise (ARED)
14:05-14:20	FE-2	FIR Optics Bench Translate Out for Configure
14:20-15:15	FE-2	CVB Control Box Installation
14:30-15:30	FE-5	Transfer Water To WPA
14:40-15:20	<b>FE-3</b>	COX Maintenance

14:45-15:45	<b>FE-1</b>	RELAXATION Hardware Setup. <i>Tagup with specialists (S-band)</i>
15:05-15:15	CDR	VO2 Mixing Bag System (MBS) Cleaning
15:05-15:10	FE-4	Installing Flash Batteries
15:10-15:25	FE-4	Initialize sample 6, resume daily crystal checks
15:15-15:25	CDR	VO2 PPFS Setup
15:15-15:55	FE-2	LMM Spindle Bracket Assembly Installation
15:20-15:30	<b>FE-3</b>	Soyuz 225 Gas Analyzer Deactivation
15:25-16:40	FE-4	FIR Configuration (assistance)
15:30-15:45	FE-5	WHC Manual Fill
15:45-16:00	<b>FE-1</b>	RELAXATION. Setting parameters and starting the hardware. <i>Tagup with specialists (S-band)</i>
15:50-16:00	<b>FE-3</b>	RELAXATION Photography
15:55-16:25	FE-2	LMM Module Triaxial Sensor Head Installation
16:00-16:15	<b>FE-1,FE-3</b>	RELAXATION. Ionosphere Radiation Survey
16:15-17:15	<b>FE-3</b>	Physical Exercise (VELO), day 3
16:15-17:15	<b>FE-1</b>	Physical Exercise (TVIS), day 2
16:25-16:35	FE-5	ICV Crew Ambulatory Monitoring Rest Event 10 Minutes
16:25-17:00	FE-2	LMM Control Box Installation
16:35-16:40	FE-5	ICV/C 3-Hour Makita Battery Swap
16:40-17:00	FE-4	TEPC Relocation
17:00-17:05	FE-2	LMM Configuration
17:00-17:25	FE-4	MDS Potable Water Refill
17:05-17:20	FE-2	FIR Configuration
17:15-17:25	<b>FE-3</b>	MATRYOSHKA-R. BUBBLE-Dosimeter Control Panel Setup
17:15-17:30	<b>FE-1</b>	RELAXATION. Setting parameters and starting the hardware. <i>Tagup with specialists (S-band)</i>
17:20-17:25	FE-2	FIR FCF Rack Doors Close
17:25-17:40	FE-5	Evening Work Prep
17:25-18:10	FE-4	RaDi-N Session Initialization
17:30-17:35	FE-2	Evening Work Prep
17:30-17:45	<b>FE-1,FE-3</b>	RELAXATION. Ionosphere Radiation Survey
17:35-17:45	FE-2	Nutrition and Repository - Equipment Configuration for Blood Draw
17:40-17:45	FE-5	ICV/C 3-Hour Makita Battery Swap
17:45-18:00	<b>FE-1</b>	RELAXATION. Archive Spectrum Files and Downlink via OCA. <i>Tagup with specialists (S-band)</i>
17:45-18:45	FE-5,FE-2	EVA Task Review by Shuttle and ISS Crews
17:50-18:10	<b>FE-3</b>	IMS Update
18:00-18:30	<b>FE-1</b>	RELAXATION. Hardware Removal. Tagup with specialists (S-band)
18:05-18:10	CDR	VO2 PPFS Stowage
18:10-18:15	<b>FE-3</b>	MATRYOSHKA-R. BUBBLE-Dosimeter Control Panel Closeout Ops
18:10-18:50	CDR	Physical Exercise (T2)
18:10-18:15	FE-4	EHS Sampling Termination
18:15-18:45	<b>FE-3</b>	Evening Work Prep
18:15-18:20	FE-4	Transfer TVIS, CEVIS, and HRM data to MEC

18:20-18:45	FE-4	Evening Work Prep
18:30-18:45	<b>FE-1</b>	
18:50-19:10	.	Daily Planning Conference ( <i>S-band</i> )
19:10-19:20	<b>FE-3</b>	Evening Work Prep
19:10-19:30	CDR, <b>FE-1</b> , FE-4,FE-5	
19:10-19:30	FE-2	Nutrition and Repository Crew Urine Collection Hardware Setup
19:20-19:30	<b>FE-3</b>	BAR. Start charging Kelvin-video
19:30-19:35	CDR	MPC Power Up
19:30-21:15	<b>FE-3</b>	Pre-sleep
19:30-21:25	FE-5	
19:30-19:40	<b>FE-1</b>	ГФИ-1 [Geophysical Studies]. Start SONY DCR-TRV900E Camcorder Battery Charge
19:30-21:30	FE-2,FE-4	Pre-sleep
19:35-21:25	CDR	
19:40-19:45	<b>FE-1</b>	Elektron-VM Aerosol Filter Inspection
19:45-21:30	<b>FE-1</b>	Pre-sleep
21:15-21:30	<b>FE-3</b>	БМП Φ1 Absorption Cartridge Regeneration (termination)
21:25-21:30	CDR	MPC Power Down
21:25-21:30	FE-5	ICV/C 3-Hour Makita Battery Swap Prior to Sleep
21:30-06:00	.	SLEEP
<b>Task List</b>	<b>FE-1</b>	PLANTS-2. Payload Status Check

**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: dinner, daily food prep, evening toilet
- End of Radiogram