

Radiogram No. 0880u

Form 24 for 08/09/2009 (preliminary)

CREW OFF DUTY

| GMT | CREW | ACTIVITY |
|-------------|------------------------------------|---|
| 06:00-06:10 | | Morning Inspection |
| 06:10-06:40 | | Post-sleep |
| 06:40-07:30 | | BREAKFAST |
| 07:30-07:50 | FE-2 | Nutrition and Repository Urine Sample Collection |
| 07:50-07:55 | FE-2 | Nutrition and Repository Urine Sample MELFI Insertion |
| 08:10-08:50 | FE-3 | Preparation for Donning Penguin Pressure Suit |
| 08:15-08:20 | CDR | HAM Radio Setup |
| 08:20-08:30 | CDR | HAM Radio Session between ISS crew and Students from Seliger-09 Sports Camp |
| 08:50-09:00 | FE-3 | Donning Penguin Pressure Suit |
| 09:00-10:00 | CDR | Physical Exercise (ARED) |
| 09:40-10:55 | FE-5 | SLEEP Data Downlink and Initialization |
| 10:00-10:10 | FE-3 | Downloading Data during Penguin Suit Wearing Test |
| 10:00-10:15 | CDR | Private Family Conference (<i>Ku + S-band</i>) |
| 10:00-11:30 | FE-2 | Physical Exercise (ARED) |
| 10:30-11:30 | FE-4 | Physical Exercise (CEVIS) |
| 11:10-11:20 | FE-3 | Downloading Data during Penguin Suit Wearing Test |
| 11:20-11:35 | FE-3 | Private Family Conference (<i>Ku + S-band</i>) |
| 11:30-13:00 | FE-4 | Physical Exercise (ARED) |
| 12:20-12:30 | FE-3 | Downloading Data During Penguin Suit Wearing Test |
| 12:30-13:00 | FE-3 | Penguin Suit Closeout Ops |
| 13:00-13:15 | FE-5 | Private Family Conference (<i>Ku + S-band</i>) |
| 13:00-14:00 | CDR, FE-1, FE-2, FE-3, FE-4 | LUNCH |
| 13:15-14:15 | FE-5 | LUNCH |
| 14:00-14:10 | FE-4 | MELFI. Icpac Insert 2 |
| 14:00-14:20 | FE-2 | Nutrition and Repository Urine Sample Collection |
| 14:00-14:40 | CDR | COX Maintenance / r/g 8916 |
| 14:20-14:25 | FE-2 | Nutrition and Repository Urine Sample MELFI Insertion |
| 14:25-14:45 | FE-2 | Nutrition and Repository: Stow Urine Sampling Equipment |
| 15:15-16:15 | FE-2 | Physical Exercise (TVIS) |
| 15:15-16:45 | FE-1 | Physical Exercise (ARED) |
| 15:45-16:45 | FE-5 | Physical Exercise (CEVIS) |
| 16:05-17:05 | FE-3 | Physical Exercise (TVIS), day 3 |
| 16:10-16:25 | FE-4 | Private Family Conference (<i>Ku + S-band</i>) |
| 16:45-18:15 | FE-5 | Physical Exercise (ARED) |
| 16:45-17:45 | FE-1 | Physical Exercise (CEVIS) |
| 17:00-17:15 | FE-4 | Crew Discretionary Conference (<i>S-band</i>) |
| 17:05-17:35 | FE-3 | Hygiene Procedures |

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| 17:05-18:05 | CDR | Physical Exercise (TVIS), day 4 |
| 17:45-18:00 | FE-2 | Private Family Conference (<i>Ku + S-band</i>) |
| 18:05-18:35 | CDR | Hygiene Procedures |
| 18:10-18:15 | FE-1 | SOLO Food Monitoring |
| 18:15-18:35 | FE-1, FE-2, FE-3 , FE-4, FE-5 | Evening Work Prep |
| 18:35-19:00 | | Daily Planning Conference (<i>S-band</i>) |
| 19:00-19:30 | | Evening Work Prep |
| 19:30-21:30 | CDR , FE-2, FE-3 , FE-4, FE-5 | Pre-sleep |
| 19:30-19:45 | FE-1 | Private Family Conference (<i>Ku + S-band</i>) |
| 19:45-21:30 | FE-1 | Pre-sleep |
| 21:30-06:00 | | SLEEP |
| Task List | CDR, FE-3 | URAGAN Observations and Photography |
| | CDR, FE-3 | ECON. Observations and Photography |
| | FE-3 | SEINER |

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