

Radiogram No. 3379u

Form 24 for 05.01.02

Visiting Expedition Ops

GMT	Crew	Activity
05:50–06:00	CDR, VC CDR	Morning inspection
06:00–06:45	CDR	BIOTEST: metabolic adaptation in weightlessness
06:00–06:20	VC CDR	
06:00–06:10	FE-1, FE-2, VC FE1, VC SFP	Morning inspection
06:10–06:25	VC SFP	Post-sleep
06:10–06:40	VC FE1, FE-1, FE-2	
06:20–06:25	VC CDR	PLASMA CRYSTAL-3: turbo pump activation
06:25–06:40	VC CDR, VC SFP	CCE: saliva sample collection
06:40–07:30	FE-1, FE-2	BREAKFAST
06:40–07:05	VC FE1	
06:40–07:00	VC CDR, VC SFP	
06:45–07:00	CDR	Post-sleep
07:00–07:30		BREAKFAST
07:00–07:10	VC CDR, VC SFP	Prep for TV coverage
07:05–07:15	VC FE1	Photo/video ops: Italian territory
07:10–07:30	VC CDR, VC SFP	TV report for the South African media (CNN)
07:15–07:30	VC FE1	BREAKFAST
07:30–08:00	ISS4, VC CDR, VC FE1	Prep for work
07:30–07:35	VC SFP	CCE: metabolic log entry: food and fluids intake
07:35–08:00		Prep for work
08:00–08:10	VC FE1	Daily planning conference (<i>S-band</i>)
08:00–08:15	ISS4, VC CDR, VC SFP	
08:10–09:15	VC FE1	CHIRO: monitoring impairment of muscle function in weightlessness
08:15–08:30	CDR	Regeneration of ? 2 absorptive bed in ? ? ? (end)
08:20–08:30	VC CDR	Prep for TV coverage
08:30–08:45	VC CDR	CHIRO: video recording 2
08:35–08:45	VC SFP	Prep for TV coverage
08:45–09:15	FE-1, FE-2	SSRMS DOUG software refresher
08:45–09:00	VC CDR, VC SFP	TV report for the South African media
08:55–09:10	CDR	URAGAN Earth observations and photography
09:05–09:15	VC SFP	D1X still camera: battery charge

09:15–09:45	FE-1, VC SFP	E-mail ops (<i>Ku-band</i>)
09:20–09:40	VC CDR, VC FE1	BMI: preparatory ops
09:20–10:20	CDR, FE-2	Replacement of SM dust filters ? ? 1-4
09:40–09:45	VC CDR, VC FE1	BMI: recording of demonstration video
09:45–11:30	VC CDR, VC SFP	CCE: bungee test/veloergometer-3 test
09:45–10:25	FE-1	INTERACTIONS: data entry
10:10	VC FE1	BMI: blood pressure reading (start)
10:25–11:25	FE-1	Physical exercise (TVIS)
10:25–10:30	FE-2	Weekly maintenance of TVIS
10:30–10:50		Video recording: Life onboard ISS
10:30–11:30	CDR	
10:40	VC FE1	BMI: blood pressure reading
10:40–11:10		E-mail ops (<i>Ku-band</i>)
10:50–11:00	FE-2	CHeCS: photo/video setup
11:05–11:45		INTERACTIONS: data entry
11:10	VC FE1	BMI: blood pressure reading
11:25–11:30	FE-1	Weekly maintenance of TVIS
11:30–11:35	VC CDR	CCE: bungee test/veloergometer-3 test: concluding ops
11:30–12:05	VC SFP	
11:30–12:30	CDR	Physical exercise (TVIS-3)
11:30–13:00	FE-1	Physical exercise (RED)
11:35–12:30	VC CDR	PLASMA CRYSTAL-3: payload setup
11:40	VC FE1	BMI: blood pressure reading
11:45–12:10	FE-2	PCG-STES: spare power cable decal
11:55–12:05	VC FE1	Photo/video ops: Italian territory
12:10–12:50	FE-2	Maintenance of ? ? ?
12:10	VC FE1	BMI: blood pressure reading
12:30–13:00	VC CDR	PLASMA CRYSTAL-3: experiment ops
12:30–12:50	CDR	PLASMA CRYSTAL-3: payload photography
12:30–12:45	VC SFP	Private IP-telephone conference (<i>Ku-band</i>)
12:40	VC FE1	BMI: blood pressure reading
12:50–13:10	VC SFP	Photo/video ops for South Africa
12:55–13:55	FE-2	LUNCH
13:00–14:00	CDR, FE-1	
13:10	VC FE1	BMI: blood pressure reading
13:10–13:25	VC SFP	Prep for ham radio contact with a US operator / ham radio pass
13:25–13:35		Photo/video ops for South Africa
13:35–14:05		PLANKTON LENS-C: validation of natural resource monitoring technique
13:35–14:35	VC CDR	LUNCH
13:40	VC FE1	BMI: blood pressure reading
13:40–14:40		LUNCH

13:55–14:20	FE-2	CPCG: HISD photography
14:05–14:45	VC SFP	LUNCH
14:05–14:20	FE-1	Increment 4 payload status check (including 8? payloads)
14:10	VC FE1	BMI: blood pressure reading
14:20–14:50	FE-2	NODE1 seam support installation
14:20–17:10	FE-1	Collection of water samples for in-flight chemical and microbiological analysis
14:25–15:15	CDR	INTERACTIONS: data entry and backup
14:35–15:05	VC CDR	PLASMA CRYSTAL-3: concluding ops
14:40	VC FE1	BMI: blood pressure reading
14:45–14:50	VC SFP	CCE: metabolic log entry: food and fluids intake
14:50–15:05	FE-2	Periodic inspection of RED
14:50–15:20	VC SFP	PLANKTON LENS-? : study of oceanic bioproductivity (plankton production)
15:05–15:35	FE-2	IMS file prep
15:05–16:05	VC CDR	PLASMA CRYSTAL-3: transferring data from HDD / camcorder stow
15:10	VC FE1	BMI: blood pressure reading
15:20–15:35	VC SFP	Prep for ham radio contact with a South African operator / ham radio pass
15:25–15:45	CDR	Replacement of DC-1 dust filters ? ? 1 & ? ? 2
15:35–17:05	FE-2	Physical exercise (RED)
15:40	VC FE1	BMI: blood pressure reading
15:45–16:45	CDR	Cleaning of ventilation screens (DC-1 fans ? 1 & ? 2)
16:10–16:35	VC FE1	Photo/video ops for Italy
16:05–16:15	VC CDR	
16:10	VC FE1	BMI: blood pressure reading
16:15–18:15	VC CDR, VC SFP	EDUCATION-SA: educational program for grade school students: <i>Effects of Weightlessness</i>
16:40	VC FE1	BMI: blood pressure reading
16:45–18:15	CDR	Physical exercise (VELO+RED day 3)
16:50–17:05	VC FE1	ALTEINO: AST spectrometer ops / PCMCIA card swap
17:05–18:05	FE-2	Physical exercise (TVIS)
17:10–18:05	FE-1	SSK/WMK data entry
17:10	VC FE1	BMI: blood pressure reading
17:40		
17:40–17:55		BMI: concluding ops
18:05–18:10	FE-1	IV-CPDS power cycling
18:05–18:15	FE-2	CHeCS: photo/video teardown and stowage
18:15–18:30		Daily planning conference (<i>S-band</i>)
18:30–18:45	VC SFP	Private family conference (<i>S-band</i>)
18:45–19:00		Daily plan review
19:00–19:30		Prep for work
19:30–20:00		DINNER

20:00–20:05	VC SFP	CCE: metabolic log entry: food and fluids intake
20:00–20:30	ISS4, VC FE1	Daily food prep
20:00–20:10	VC CDR	VC-3 camcorder battery charge (DVCAM or DSR PD-150P)
20:05–20:30	VC SFP	Daily food prep
20:10–20:30	VC CDR	
20:30–21:10	VC FE1	Pre-sleep
20:30–21:15	VC CDR	
20:30–21:30	ISS4, VC SFP	
21:10–21:30	VC FE1	VEST: destow and don experimental garments
21:15–21:20	VC CDR	PLASMA CRYSTAL-3: turbo pump deactivation
21:20–21:30		VEST: photo ops
21:30–05:55	VC CDR, VC FE1	SLEEP
21:30–06:00	ISS4, VC SFP	

Notes: See OSTP for references to US activities

End of radiogram