

Radiogram No. 4444u

Form 24 for 10/28/2010

**SCIENCE EXPERIMENTS. MEDICAL MONITORING**

GMT	CREW	ACTIVITY
06:00-06:10	CDR, <b>FE-2</b> , FE-3, FE-6	Morning Inspection
06:00-06:05	<b>FE-5</b>	Elektron-VM Aerosol Filter Inspection
06:05-06:10	<b>FE-5</b>	Morning Inspection
06:10-06:40		Post-sleep
06:40-07:30		BREAKFAST
07:30-07:55	<b>FE-2, FE-5</b> , FE-6, FE-3	Work Prep
07:30-07:50	CDR	VO2max. Installation
07:30-07:45	<b>FE-1</b>	SONOCARD Copy Data to RSE-MED Laptop
07:55-08:15		Daily Planning Conference ( <i>S-band</i> )
08:15-08:30		ISS Crew and ГОГУ (RSA Flight Control Team Management) Weekly Conference ( <i>S-band</i> )
08:30-08:40	CDR	VO2 Power Up.
08:30-08:40	<b>FE-2</b>	BAR. Terminate Pyren Charge
08:30-08:40	<b>FE-1</b>	ГФИ-1 [Geophysical Studies]. Start SONY DCR-TRV900E Camcorder Battery Charge
08:40-09:15	<b>FE-1, FE-2</b>	BAR Experiment Ops
08:40-09:15	<b>FE-5</b>	BB1PO Fan Damper Replacement
08:40-08:55	CDR	VO2max. Restore Protocol
09:05-09:10	CDR	Set up video equipment to record ARED exercise
09:10-09:50	CDR	VO2max. VO2max Protocol Preparation
09:10-09:25	FE-6	WRS - Prep for Effluent Purge
09:15-09:45	<b>FE-1, FE-2</b> , <b>FE-5</b>	Study of Cardiac Bioelectric Activity at Rest. <b>To=09:26. Tagup with specialists (VHF)</b>
09:25-09:35	FE-3	SDRM Power up
09:35-11:05	FE-3	Physical Exercise (ARED)
09:35-09:40	FE-6	WRS Prep for Sampling
09:45-10:40	<b>FE-1, FE-2</b>	BAR Experiment Ops
09:45-10:40	<b>FE-5</b>	BB1PO Fan Damper Replacement
09:50-10:05	FE-6	WRS Sample Collection Closeout Ops
09:50-10:30	CDR	VO2max. Experiment Protocol
10:05-11:05	FE-6	Physical Exercise T 2
10:30-10:40	CDR	VO2max. Thermolab Closeout Ops
10:40-11:55	<b>FE-2</b>	Study of veins in lower extremities
10:40-11:40	<b>FE-1, FE-5</b>	Soyuz 229, 701 СПГС (Gas-Mixture Supply System) Regulator Check <i>Tagup with specialists (S-band + VHF)</i>
10:40-10:45	CDR	VO2max. Data downlink
10:45-11:20	CDR	VO2max. Stow Mixing System
11:05-11:10	FE-3	TVIS Exercise Video Equipment Setup 2
11:05-12:35	FE-6	Physical Exercise (ARED)
11:10-12:10	FE-3	Physical Exercise T2
11:40-12:50	<b>FE-1</b>	Physical Exercise (TVIS), Day 3
11:40-12:00	<b>FE-5</b>	Tightening QD Screw Clamps on MRM1 Docking Mechanism /Soyuz 229 Interface
11:40-12:25	CDR	VO2max Crew Portable Pulmonary Function System Conclude

11:55-12:50	<b>FE-2</b>	Physical Exercise (VELO), Day 3
12:00-12:50	<b>FE-5</b>	MATRYOSHKA-R. BUBBLE-dosimeter initialization and deployment for exposure
12:10-12:15	FE-3	Stow video equipment used to record TVIS exercise 2
12:25-12:35	FE-3	HRF Blood Collection Hardware Setup
12:25-12:35	CDR	CWC Audit
12:35-13:20	FE-6,FE-3,CDR	ISS Crew tagup with Kent Rominger from the Astronaut Office
12:50-13:50	<b>FE-1, FE-2, FE-5</b>	LUNCH
13:20-14:15	CDR	LUNCH
13:20-14:20	FE-6, FE-3	LUNCH
13:50-14:40	<b>FE-1</b>	RELAXATION Hardware Setup. <i>Tagup with specialists (S-band)</i>
13:50-14:40	<b>FE-2</b>	Photo/Video of Relaxation Experiment Setup
13:50-14:30	<b>FE-5</b>	COX Maintenance
14:15-14:25	CDR	PAO Hardware Setup
14:20-14:25	FE-3	SDRM Power Down
14:25-14:35	FE-6, FE-3, CDR	Crew Prep for PAO
14:30-14:45	<b>FE-5</b>	IMS Update
14:35-14:55	FE-6, FE-3, CDR	PAO Event
14:40-14:50	<b>FE-1, FE-2</b>	Prep for TV PAO Coverage
14:45-14:55	<b>FE-5</b>	Prep for TV PAO Coverage
14:55-15:00		Greetings to the Participants of the Celebration Event Dedicated to the 10th Anniversary of Expedition 1 Arrival to the ISS ( <i>Ku+S-band</i> )
15:00-15:50	<b>FE-1</b>	Physical Exercise (VELO), Day 3
15:00-15:05	<b>FE-5</b>	PAO Hardware Deactivation
15:00-15:10	FE-3	SPHERES - SSC Prep
15:00-16:20	<b>FE-2</b>	Physical Exercise (TVIS), Day 3
15:00-16:00	FE-6	Hardware Stowage in NOD1D2
15:05-15:10	CDR	VO2max. System Stowage
15:05-16:05	<b>FE-5</b>	Physical Exercise (ARED)
15:10-18:10	FE-3	SPHERES Session
15:30-15:50	CDR	Configuration Set Up
15:50-16:20	<b>FE-1, CDR</b>	Testing Ku-band TV downlink (TV System configuration for Progress docking). <i>Tagup with specialists (S-band)</i>
16:05-17:35	<b>FE-5</b>	Physical Exercise (TVIS), Day 2
16:20-16:55	<b>FE-1, FE-2</b>	Auxiliary Computer System Familiarization <i>Tagup with specialists (S-band)</i>
16:20-16:25	CDR	Photo/TV: A31P Laptop Deactivation
16:25-17:25	CDR	Physical Exercise (CEVIS)
16:55-17:10	<b>FE-2</b>	Photo/Video of Relaxation Experiment
16:55-17:10	<b>FE-1</b>	RELAXATION. Setting parameters and starting the hardware. <i>Tagup with specialists (S-band)</i>
17:10-17:25	<b>FE-1</b>	RELAXATION. Ionosphere Radiation Survey
17:25-18:55	CDR	Physical Exercise (ARED)
17:35-18:25	<b>FE-5</b>	RUSALKA Hardware Setup and Observations
17:55-18:00	FE-6	PanOptic Preparation

18:00-18:30	FE-6	Evening Work Prep
18:10-18:15	FE-3	SPHERES - Relocation
18:15-19:05	<b>FE-2</b>	Evening Work Prep
18:15-18:20	FE-3	PanOptic - Video of Operations
18:20-18:30	FE-3	PanOptic. Hardware Setup
18:25-18:45	<b>FE-5</b>	RUSALKA. Closeout Ops, Data Copy
18:30-19:00	FE-3	Periodic Health Status – CMO
18:30-19:00	FE-6	Periodic Health Status – CMO
18:35-18:50	<b>FE-1</b>	RELAXATION. Setting parameters and starting the hardware. <i>Tagup with specialists (S-band)</i>
18:45-18:50	<b>FE-5</b>	Elektron-VM Aerosol Filter Inspection
18:50-19:05	<b>FE-5</b>	Evening Work Prep
18:50-19:05	<b>FE-1</b>	RELAXATION. Ionosphere Radiation Survey
18:55-19:00	CDR	Stow Video Equipment Used for ARED Exercise Video
19:00-19:05	FE-3	PanOptic Preparation
19:05-19:30		Daily Planning Conference ( <i>S-band</i> )
19:30-20:05	<b>FE-1</b>	RELAXATION. Hardware Removal. <i>Tagup with specialists (S-band)</i>
19:30-19:35	CDR	MPC Power Up
19:30-21:30	<b>FE-2</b>	Pre-sleep
19:30-19:45	<b>FE-5</b>	RUSALKA Terminate Data Copy and Downlink via OCA
19:35-20:05	FE-3	Periodic Health Status – CMO
19:35-21:25	CDR	Pre-sleep
19:35-20:05	FE-6	Periodic Health Status – CMO
19:45-19:55	<b>FE-5</b>	RELAXATION. Hardware Removal. <i>Tagup with specialists (S-band)</i>
19:55-21:30	<b>FE-5</b>	Pre-sleep
20:05-20:25	FE-6	PanOptic. Data downlink
20:05-21:30	<b>FE-1, FE-3</b>	Pre-sleep
20:25-20:30	FE-6	Panoptic Video Stow
20:30-21:30	FE-6	Pre-sleep
21:25-21:30	CDR	MPC Power Down
21:30-06:00		SLEEP
<b>Task List</b>	<b>FE-2</b>	Window Inspection

**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
  4. **See OSTPV for USOS Ops updates**
- End of Radiogram